Introduction

Developer Q&A

Just want to start by saying thanks for taking the time to answer some questions we think fans of the UFC and UFC Undisputed 3 will be excited about. So let's just get right into it.

1. How long has UFC Undisputed 3 been in production?

We basically started right as we were wrapping up production on Undisputed 2010 and that launched in May of 2010 so it's been a little under 2 years.

"...take time to really improve the game..."

We wanted to take the time to really improve the game to the point where we felt it was worth pasing another $60 rather than just putting one out to have one out every year. We're confident that we've achieved that goal and we feel fans will agree once they get a chance to play.

2. Many people have already heard about the advances to UFC Undisputed 3, but talk briefly about what you think fans will be most excited by?

It's hard to deny that the PRIDE ruleset is probably the coolest addition to the game this year. Soccer kicks, head stomps, and knees to the head on the ground make some of the ground positions a lot more dangerous than they are in the UFC so you really have to stay active on the ground or else the fight can end in the blink of an eye.

"Soccer kicks, head stomps, and knees to the head..."

If you're a hardcore UFC fan and are looking for more of a sports sim, then you'll probably gravitate towards the simulation stamina option. This forces you to be conscious of every decision you make in the cage because if you just come out swinging for the fences you will gas out and get dropped or subbed quickly.

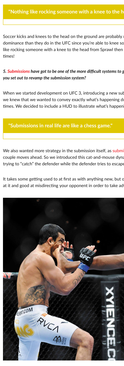
3. One of the seemingly subtle changes, but we were very impressed with, was the new option for a simulation energy setting, which ensures this game in the fighter genre isn't a button masher. What were the development team's goals for improving gameplay when you went to design UFC Undisputed 3?

As with each iteration of the Undisputed franchise, our goal is to refine and improve our combat gameplay systems. For UFC Undisputed 3, we enlisted the help of our community and fans from the very start of development.

After all, we are making this game for them. We held monthly focus group sessions where we brought in some of the top Undisputed players and let them play the game and give feedback on the things they liked and didn't as well as provided an opportunity for them to voice and offer up suggestions of things they would like to see.

Those that feel the default setting is a bit too fast tempo can try out the Simulation setting to get a feel of how a real fight would play out. My favorite setting as well, in this setting you really do have to pick your shots and be more conservative and look for openings. It's a totally different way to play the game.

"We enlisted the help of our community and fans from the very start of development."



4. UFC Undisputed 2 adds PRIDE mode to the gameplay, which takes away the cage, but allows for other techniques to be used. As the development team, what are your favorite elements or gameplay situations PRIDE brings to the game?

PRIDE is something we wanted to do since UFC 2009. When we started development on UFC 2009 back in late 2006, it was about the time that the UFC purchased PRIDE and we always said "man it would be cool if we could get so-and-so into the game."

Then guys like Nogueira and Cro Cop started coming over and it was a dream come true for us to get those guys in. For UFC 3, we wanted to pay homage to those guys back when they were in their prime and let them fight in their element, so we were very happy to get PRIDE into this year's game.

"Nothing like rocking someone with a knee to the head."

Soccer kicks and knees to the head on the ground are probably my favorite. It gives a position like Sprawl or North/South more dominance than they do in the UFC since you're able to knee someone in the head from those positions. There's really nothing like rocking someone with a knee to the head from Sprawl then following it up with a soccer kick to knock them out, good times!

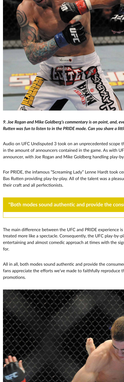
5. Submissions have got to be one of the more difficult systems to get right but the new system is great. What was your focus when you set out to revamp the submission system?

When we started development on UFC 3, introducing a new submission system was at the top of our list. For this new system, we knew that we wanted to convey exactly what's happening during the submission as well as who's winning or losing at all times. We decided to include a HUD to illustrate what's happening under the hood of the system so it's clearer.

"Submissions in real life are like a chess game."

We also wanted more strategy in the submission itself, as submissions in real life are like a chess game; you have to think a couple moves ahead. So we introduced this cat-and-mouse dynamic as part of the HUD where the attacker is chasing and trying to "catch" the defender while the defender tries to escape.

It takes some getting used to at first as with anything new, but once you get the hang of it, you can actually become quite good at it and good at misdirecting your opponent in order to take advantage of them (something we really wanted to achieve).



6. There are 150 fighters to choose from, but what are your favorite fighters to play in your office battles in the Octagon?

We have some really crazy battles here in the office. It's not uncommon to see us go a full 5 rounds on Simulation with heavyweight just because we know how each other plays and counter each other's offense.

It depends on the division but I like Jon Jones just because he can do it all—strikes, good throws from the clinch, good top game and ground and pound, he's a lot to handle.

"We have some really crazy battles in the office."

I also like BJ Penn when I'm in a grappling mode, he's got great sweeps and subs from his back and I like to tap people.

7. Each fighter has an extensive skill set with what techniques, transitions, and submissions become available in each position. That, paired with his attribute ratings make each fighter unique and very reflective of how they behave in real life. How much fun is it to develop and adjust the game based on current events in the real-life UFC?

Being MMA fans ourselves, it's a lot fun and a dream job for us.

"We watch a lot of fights."

We work very closely with the UFC and matchmaker Joe Silva to make sure that we are accurately reflecting the UFC's fighters. We watch a lot of fights and have an exhaustive library as reference and we take pride (no pun intended) in making each fighter fight like they do in real life.

8. Unlocking the legendary fighters will be a goal for gamers. How do you decide which past, and present, UFC greats to include in the roster?

The roster is something that we work very closely with the UFC on. We have our list of guys that we think should be in the game and we shoot that directly over to the UFC's matchmaker Joe Silva. He'll look it over and determine which guys should stay or go as well as offer up suggestions for guys that they are about to sign.

"We shoot that directly over to UFC's matchmaker Joe Silva."

It's a very back-and-forth process not only with deciding who makes the roster but adjusting each fighter's stats and move-set as that's something we also work with the UFC on.

9. Joe Rogan and Mike Goldberg's commentary is on point, and, even through hours of gameplay, it didn't come off as repetitive. Bas Rutten was fun to listen to in the PRIDE mode. Can you share a little about working with the personalities?

Audio on UFC Undisputed 3 took on an unprecedented scope this year with the addition of PRIDE Mode, and this is reflected in the amount of announcers contained in the game. As with UFC Undisputed 2009 and 2010, Bruce Buffer returns as the ring announcer, with Joe Rogan and Mike Goldberg handling play-by-play duties.

For PRIDE, the infamous "Screaming Lady" Lenne Hardt took center stage for Fighter Entrances, with Stephen Quadros and Bas Rutten providing play-by-play. All of the talent was a pleasure to work with, as they are all extremely passionate about their craft and all perfectionists.

"Both modes sound authentic and provide the consumer with two unique and different experiences."

The main difference between the UFC and PRIDE experience is that the UFC is treated more like a sport, while PRIDE is treated more like a spectacle. Consequently, the UFC play-by-play is more analytical, while PRIDE leans towards an entertaining and almost comedic approach at times with the signature off-topic banter that Quadros and Rutten are famous for.

All in all, both modes sound authentic and provide the consumer with two unique and different experiences and we hope the fans appreciate the efforts we've made to faithfully reproduce the distinct audible characteristics of both the UFC and PRIDE promotions.

10. Did you have a chance to see any of the UFC or PRIDE fighters in action or during the motion capture stage?

UFC Undisputed 3 continues to improve the realism and to do that we needed UFC fighters to help us during our motion capture shoots. We brought in Frank Mir, Nate Diaz, Matt Hughes, Kendall Grove, Sean Sherk, and a host of other UFC fighters to help us get our realistic look down.

In addition to fighter, we consult with MMA trainers like Greg Jackson, Mark Delagardelle, Eddie Bravo and Marc Laimon to name a few.

"Post your comments or suggestions as we're always watching."

11. Are you already working on the next UFC game? If so, is there anything you might want to share about it?

We never really stop working and are always looking for ideas on how to improve the franchise.

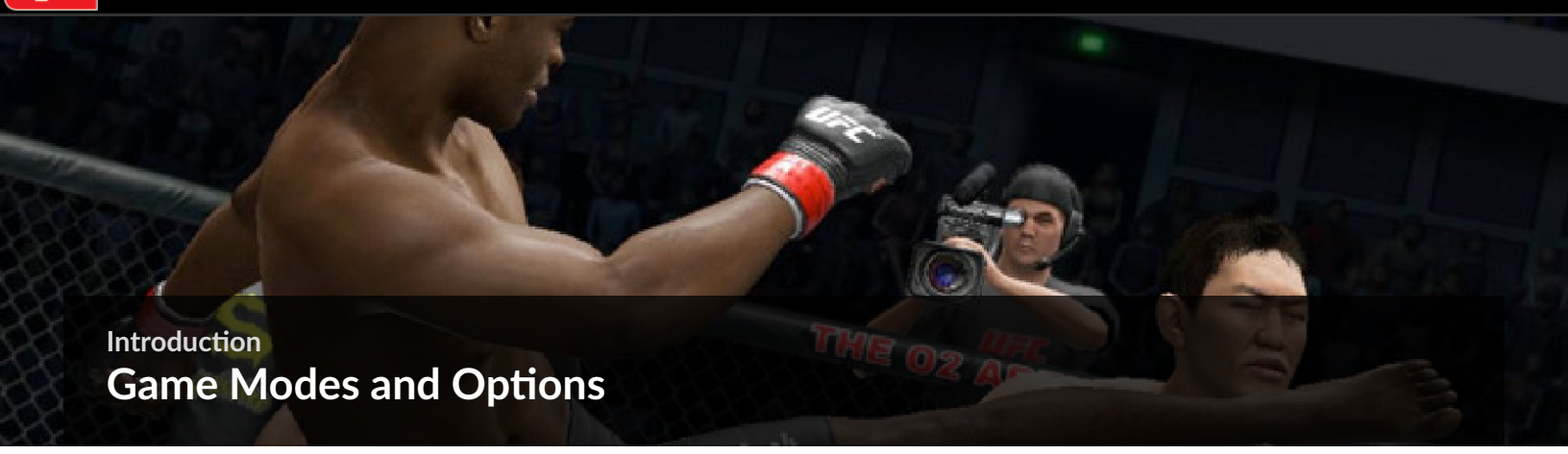
We can't comment on anything just yet, but tune in to UFCUNDISPUTED.COM for the latest news as well as our forums to post your comments or suggestions as we're always watching.

12. Give the fans something they should know about that I forgot to ask.

If you had trouble in the past in the clinch or on the ground because you weren't sure how to escape, we've introduced a new control scheme this year.

The alternate control scheme allows you to perform any clinch or ground transition by simply flicking up or down on the Right Stick. This was another thing that we wanted to tackle, making the game more accessible for everyone to pick up and play. The frustration of being in a position without knowing how to get out should be easily available by using this new control scheme.

Thanks again for your time. The fans of this franchise will definitely appreciate it. "Annnnnd Nooooowwwww..."



Introduction

Game Modes and Options

UFC Undisputed 3 features plenty of game modes to help satisfy your every craving for MMA.

Exhibition Mode : Play a single match against the computer or a friend. You control all the options and settings.

Career Mode : Create a fighter or relive a UFC superstar's career. You'll get to pick your opponents and also train like a pro as you develop your fighter's unique moves and skill set.

Title Mode: Fight through a simple ladder system to work your way up the ranks and eventually challenge for the UFC title. Beat the champ and win the title to unlock Title Defense Mode!

Title Defense Mode : Unlock this mode by beating Title Mode. See how many times you can defend your Title Mode championship in a row!

Tournament Mode: Set up and fight your way through a classic bracket-style tournament that's similar to a PRIDE Grand Prix.

Ultimate Fights Mode : Participate in classic fights that are part of UFC history.

Event Mode: Create your own MMA event by determining every match leading up to the Main Event of the evening.

Options

You've got access to the following options at the main menu Options screen, and also through the Options screen available when you pause a match. Note that more options are available to you through the main menu than when you press Pause.

Corner Settings : Decide who will control each fighter: a human player or the computer.

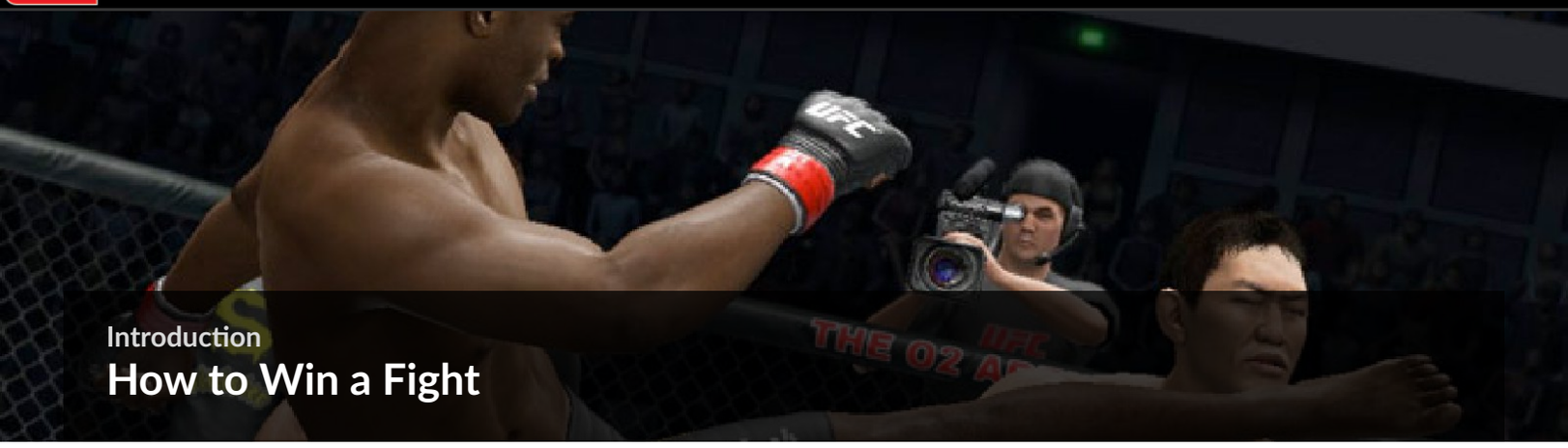
Action List: View a complete list of moves that are available to your fighter in the current position, along with all other possible positions the fighter may end up in.

Position Table : View a graphical chart that shows your current position, along with the different positions you can transition to from there.

Game Options: Determine gameplay options, such as whether or not tutorial hints and the fighter HUD display will appear during fights.

Sound Options: Toggle the volume of the background music and in-fight commentary.

Grappling Controls: Decide whether each player will fight using the classic Pro or simplified Amateur controls.



Introduction

How to Win a Fight

MMA is a complicated sport, but achieving victory is fairly straightforward. Still, it's important to know exactly how you can win a fight. Let's examine the various paths to victory:

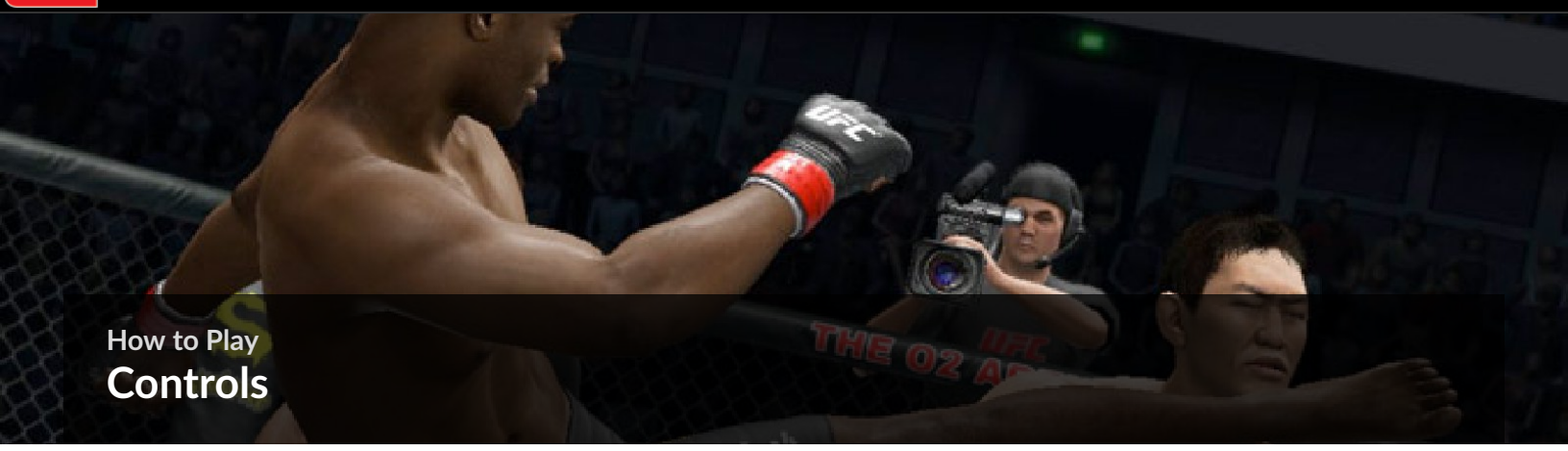
Knockout (KO): Catch the opponent with a clean strike that instantly knocks him out in one flush blow. Only strong strikes can achieve one-hit knockouts.

Technical Knockout (TKO): Rock the opponent with a hard strike, then quickly follow up with more strikes before he recovers. Keep punching away until the referee steps in and stops the fight.

Submission: Attempt a submission and succeed during the submission battle to lock in the sub and force the tap.

Doctor Stoppage: Land enough cutting strikes, such as hard elbows from the clinch or mount, to cut the opponent badly and force the doctor to stop the fight.

Decision: Fight hard through all three rounds and beat your opponent on the judges' scorecards to win the fight by decision. Outpoint your rivals by landing more strikes, scoring more takedowns, securing more dominant grappling positions, and attempting more submissions.



How to Play
Controls

UFC Undisputed 3 is a dynamic fighting game that embodies the true spirit of MMA. Anything can happen at any time inside the Octagon, and knowing how—and when—to employ your fighter's unique skill set is the key to making your mark in the rankings.

This chapter breaks down all aspects of gameplay, providing a thorough overview that teaches you the fundamentals of how to achieve ultimate glory in the UFC.

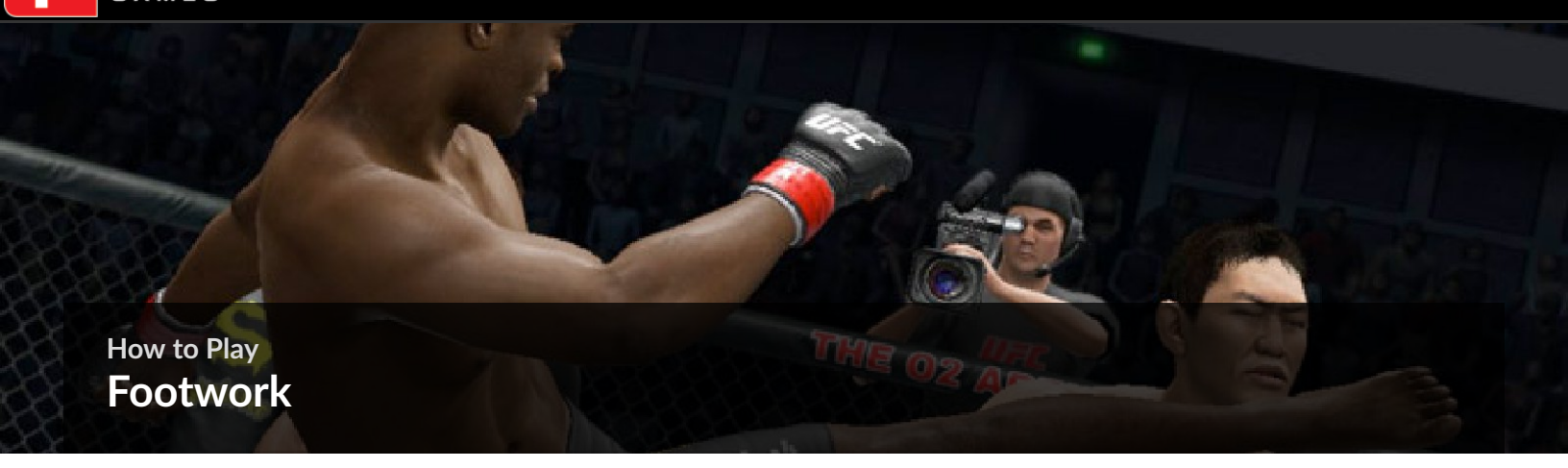
Guide Term	X-Box 360 Controller	PS3 Controller
Movement Stick	Left Analogue Stick	Left Analogue Stick
Clinch/Grapple Stick	Right Analogue Stick	Right Analogue Stick
Left Kick	A	X
Right Kick	B	O
Left Punch	X	Square
Right Punch	Y	Triangle
Technique Modifier	LB	L1
Height Modifier	LT	L2
High Block	RB	R1
Low Block	RT	R2
Switch Stance/Submission Attempt	Right Stick Button	Right Stick Button
Dash/Stand Up	Left Stick Button	Left Stick Button

GRAPPLING CONTROLS: PRO VS. AMATEUR

Please click to enlarge

The grappling control style you select has little bearing on a fight, and is therefore purely up to personal choice.

We recommend using the straightforward Amateur setup to begin with, and advancing to Pro when you become comfortable with the timing of things in UFC Undisputed 3.



How to Play

Footwork

Simply maneuver the Movement stick in any direction to steer your fighter around the Octagon.

Footwork is especially important to strikers, because it helps them avoid attacks and set up their own punishing combos. Use footwork to "find your range" and keep the opponent at the desired distance.

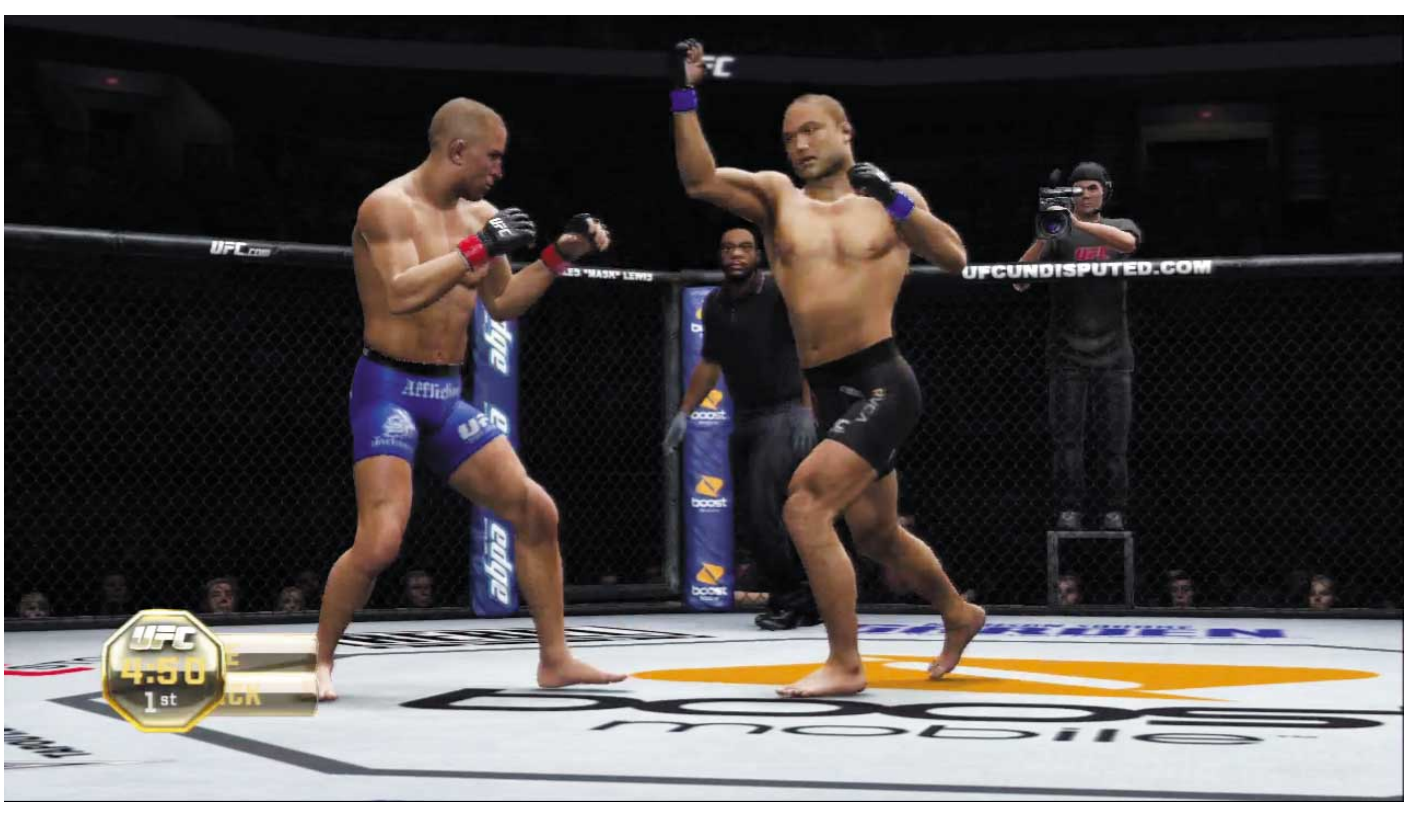
Note

Your fighter's movement speed is directly tied to the Footwork attribute. The higher the Footwork rating, the more agile he'll be on his feet.

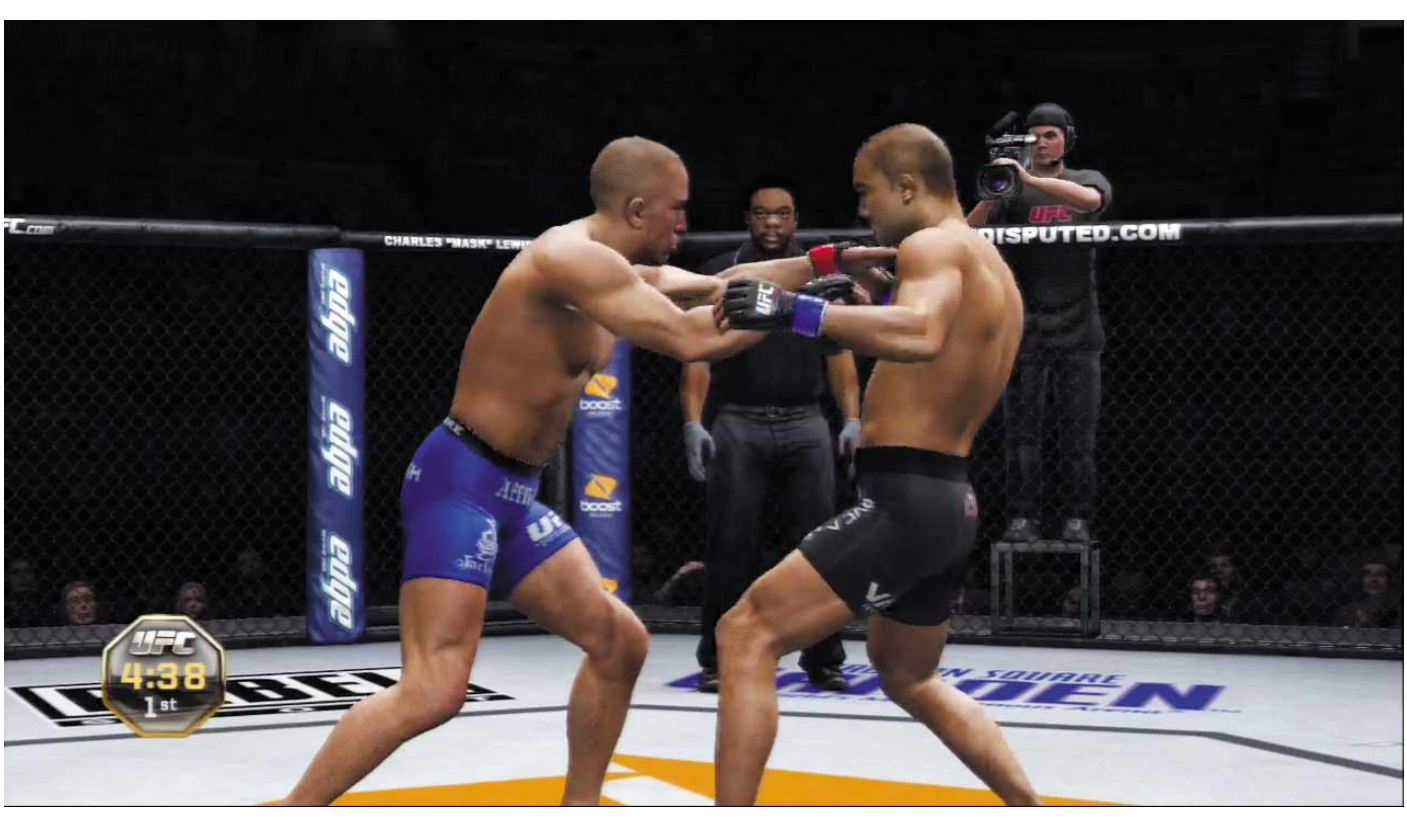
See the "Career Mode" chapter of this guide for a complete breakdown on all fighter attributes and skills.

Step

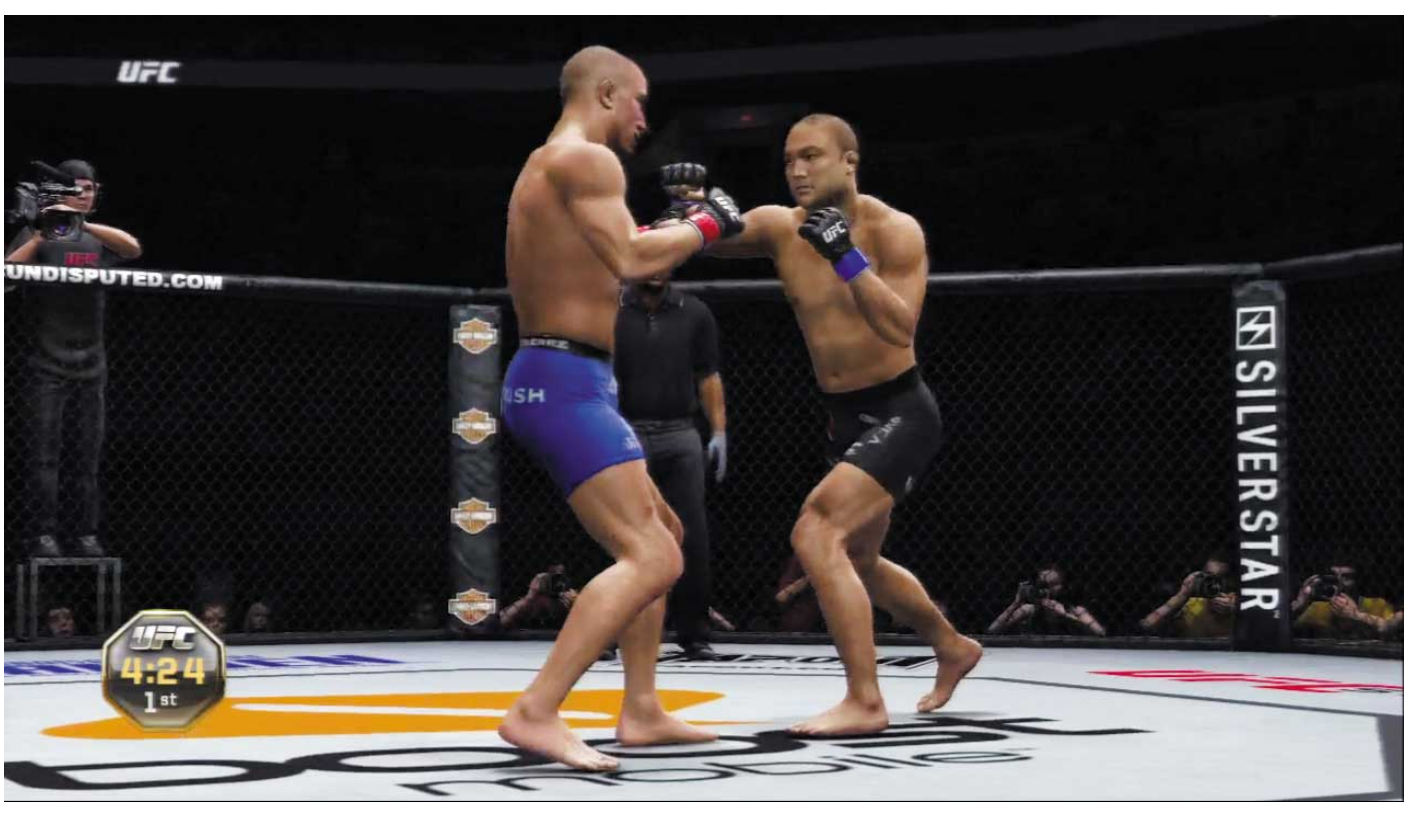
Flick the Movement stick to quickly step in any direction. A short but dramatic movement, stepping is an important part of the stand-up game. Step to quickly slip into and out of striking distance.



Step away from opponents to avoid their strikes and quickly move out of range.



Step toward close-range opponents to shove them back and create space. This is useful against clinch specialists and overly aggressive foes.



Step to either side to circle around the opponent and "slip" (avoid) their strikes.

Tip

Step and then quickly strike to deliver a sharp blow. Step strikes are always considered strong strikes, capable of KO'ing the opponent in a flash! See the "Striking" section for more on strong strikes.

Even if a strike connects, stepping away from it will considerably reduce its damage. Beware of stepping into strikes, however, as this significantly increases the damage you sustain.

It's generally a good idea to step and circle toward the opponent's lead leg, and away from his dominant hand.

Dash

Click and hold the Movement stick to brazenly rush forward, quickly closing the distance on your opponent. Throw a strike while dashing to attempt a devastating dash strike—like step strikes, these are always considered strong strikes and can instantly rock or KO the opponent.

Be aware that dashing exposes your fighter to great risk, however, as the opponent's successful counters will connect with far greater force.

Switch Stance

Click in the Clinch/Grapple stick to toggle your fighter's stance between orthodox (left hand forward) and southpaw (right hand forward). This can mix up your opponent's footwork and throw them off their game, creating opportunities for skilled strikers to capitalize.

ULTIMATE STRATEGY: FOOTWORK

Let's review. Here are the key things to keep in mind regarding footwork:

- Don't just walk around—use steps to help you avoid strikes and maintain the desired range.
- Moving into strikes increases their damage, and vice versa.
- Dramatic movements such as stepping and dashing have a greater effect on damage than simply circling around with the Movement stick.
- It's therefore wise to step and circle away from your opponent's dominant hand, because this will reduce the damage if a big strike connects.
- Try throwing strikes in the direction that your opponent is circling to cut him off and inflict extra pain with each blow.

How to Play:

Striking

Striking is the art of attacking the opponent with the hands, elbows, knees, and feet. Though strikes come in many forms, they all fall into two important categories: quick strikes and strong strikes.

Quick Strikes

Simply press any of the punch or kick buttons without manipulating the Movement stick to throw quick strikes, such as jabs and straights. Quick strikes are faster than strong strikes and cost less Stamina to perform, but they also inflict significantly less damage.

Use quick strikes to get the opponent in reaction and help you set up more powerful blows and takedowns. The speed and range of these short, chip-punches also make them ideal for countering aggressive strikers and boosting up their combos.

Tip

Quick strikes cannot be exploited by the short takedown or counter grapple moves, making them ideal when facing crafty grapplers. (See the "Grappling The Clinch" and "Grappling The Ground Game" sections in the Essentials section for more on those moves.)

Strong Strikes

Strong strikes are a bit slower than quick strikes and cost more Stamina to unleash, but they also land with greater force and are capable of instantly KO'ing an opponent. This makes strong strikes ideal for times when you want to pour on the damage.

Use care when performing strong strikes, however, because these slower strikes are easier to interrupt by fighters who like to initiate exchanges with quick strikes. Don't rely too heavily on these power shots—mix in quick strikes to avoid becoming too predictable!

Note

Strikes performed while stepping or dashing are always considered strong strikes, and can therefore land you an instant KO victory.

Tip

Though powerful, strong strikes are susceptible to being countered by seasoned grapplers who employ moves such as the short takedown and counter grapples.

Technique Strikes

Hold the Technique Modifier trigger when striking to unleash powerful technique strikes, such as head kicks and spinning backfists. All technique strikes are considered strong strikes, so they can KO opponents instantly if they land flush.

Technique strikes allow for diversity in a fighter's stand-up game, opening up avenues for creativity on the feet. Technique strikes cost even more Stamina to perform than strong strikes, but they're also more effective.

Tip

Make good use of technique strikes by adding them to combos, treating them as strong strikes in the sequence. See the "Combos" section for more, and reference the fighter pages in the "UFC Undisputed 3 Roster" chapter to discover each athlete's ultimate technique!

Note

All technique strikes have a reset, from one to three. The higher the technique strike's level, the more damage it will inflict!

Step and Dash Strikes

Special strong strikes can be unleashed by using footwork in conjunction with your attacks. Simply strike while stepping or dashing to unleash powerful step strikes and dash strikes that can really rock your opponent. Step and dash strikes are always considered strong strikes, capable of KO'ing foes in a flash!

Strike Damage

Strikes have another important characteristic—the manner in which they inflict damage. Depending on your fighter's style, he may favor throwing more sharp attacks or more heavy attacks.

Sharp attacks like elbow strikes are more likely to cause cuts. Have to or the opponent's wounds with elbows from the clinch or on the ground—cut him badly enough and the referee may be forced to stop the fight!

Heavy attacks like hammer fists are more likely to rock the opponent, making them highly vulnerable to being finished by TKO or submission.

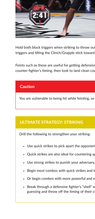
Height Modifier

Press and hold the Height Modifier trigger to change your fighter's targeting zone. While the trigger is held, your fighter will target the enemy's body with punches and his legs with kicks.

Note

Strikes aimed at the body and legs can rock the opponent or instantly KO him, but blows landed against the head have a greater chance of doing so.

Body shots and leg kicks are often under-utilized aspects of striking. Use the Height Modifier trigger to throw out these relatively low-risk strikes, looking to catch the opponent off guard and create openings in their defense. Mixing up the height of your strikes keeps the opponent guessing and makes your combos more challenging to block and counter.



Leg kicks and body shots also commonly cause defensive opponents to press forward, exposing them to sharp counters. When you've got your opponent rocked, try throwing punishing body shots to get him to drop his hands and expose his head!

Combos

Though anything's possible inside the Octagon, single strikes aren't likely to win you many fights. Frantic button-mashing isn't the way to go, either.

Instead, practice the fine art of linking your strikes and stringing together effective combos. Discover combos that work for you, then drill them over and over, just like any UFC fighter would do.

With enough practice, you'll soon be able to keep your cool and unleash precise combos that can quickly rack your rival!

Note

The speed at which a fighter can string together combos is determined by his Speed attribute. The higher it is, the faster his combos will be, and the greater the chances of catching rivals with clean blows.

Here are the general rules of thumb when it comes to combos:

- Attack from one side, then the other (left, right, left, right, etc.). This uses your body's natural momentum to help you chain strikes together.
- It's a good idea to begin most combos with quick strikes—this may potentially interrupt the opponent's attack, kicking off your combo with a stiff counter.
- You may combo from quick strikes to strong strikes, and from strong strikes to strong strikes. However, you cannot combo from strong strikes to quick strikes.
- Step, dash, and technique strikes are all considered strong strikes, and behave as such during combos.

To illustrate, here are a few basic combos. Drill these until you can effortlessly perform each one, then look to add even more strikes to the combo:

- Quick left punch, strong right punch
- Quick left punch, quick right punch, strong left punch
- Quick left punch, quick right punch, technique left kick
- Step right punch, strong left punch

Note

Though they're nominally somewhat weak, quick strikes will connect with significantly greater force when they land as part of a combo. Lay off the Movement stick until you've found your rhythm!

Feints

Hold both block triggers when striking to throw out short feints instead of real strikes. Or take takedowns by holding both triggers and tilting the Clinch/Grapple stick toward the opponent.

Feints such as these are useful for getting defensive opponents and counterpunchers to react. Use feints to throw off a counter fighter's timing, then look to land clean counters of your own when they react.

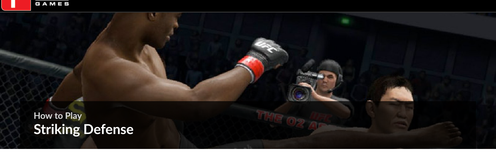
Caution

You are vulnerable to being hit while feinting, so use feints wisely.

ULTIMATE STRATEGY: STRIKING

Drill the following to strengthen your striking:

- Use quick strikes to pick apart the opponent without exposing yourself to much risk.
- Quick strikes are also ideal for countering aggressive strikers.
- Use strong strikes to punish your adversary, especially once you've got a feel for their timing.
- Begin most combos with quick strikes and transition to strong strikes or technique strikes during the combo.
- Or begin combos with more powerful and elusive step strikes to slip the opponent's blows and inflict more pain.
- Break through a defensive fighter's "shell" with the use of body shots, leg kicks, and feints. These will keep them guessing and throw off the timing of their counters.



How to Play

Striking Defense

"Protect yourself at all times"—it's the first rule of any combat sport. And nowhere else is this more important than in the UFC, where the best-trained athletes in the world compete at the highest level.

You'd better learn everything you need to know about defending yourself before that cage door closes!

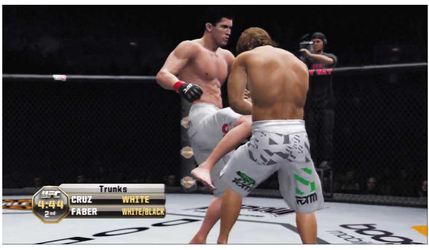
High Block

Blocking is the most basic and effective form of self-defense. Whenever you're not "on offense," you should be holding the High Block trigger to protect yourself against strikes aimed at the head. Blocked strikes inflict very little damage, so effective blocking is critically important.

Note

The Cardio attribute determines a fighter's toughness and ability to withstand strikes, as do the various defensive skills. See the "Career Mode" chapter for a full breakdown of all fighter attributes and skills.

Low Block



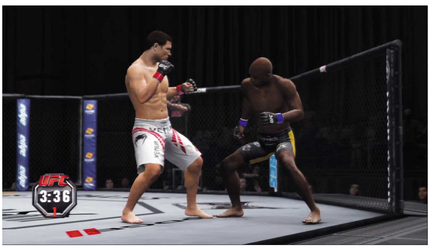
Defending your head is both wise and effective, but it leaves your lower half vulnerable. Hold the Low Block trigger to defend against body shots and leg kicks, but beware—your head is now exposed!

Expect seasoned strikers to initiate combos with blows to the body or legs, hoping to get you to drop your hands and expose your vulnerable head.

Tip

Blocking the lower body is important, but your head is a far more vulnerable target. Favor the High Block trigger more often than not!

Swaying and Countering



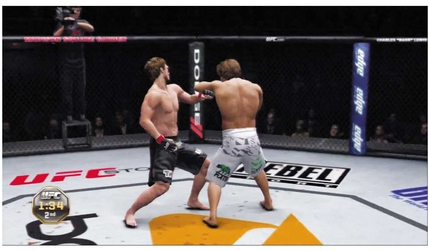
While holding the High Block trigger, flick the Movement stick in any direction to sway in that direction. Like blocking, swaying is another important defensive technique for strikers to master.

With practice, swaying can help you "stay in the pocket" and avoid strikes altogether, then counter with your own punishing blows. Swaying is a great way to score a surprise knockdown or KO!

Note

The Speed attribute influences how quickly your fighter can sway and rip off counters. This makes Speed an important attribute for strikers.

Major Counters



Swaying is great, but you don't need to sway to counter your opponent's strikes. Connecting with a strike just as your opponent begins an attack triggers a major counter, causing considerably more damage than the strike normally would.

In addition, all major counters have a small chance to instantly KO the opponent, regardless of the amount of damage they might have sustained thus far. This makes it possible to achieve instant one-hit knockouts through the use of major counters!

Tip

Quick strikes are ideal for countering, as they're fast to find their mark. Though quick strikes are somewhat weak, the added damage from the counter improves their impact. This is another good reason to begin your combos with quick strikes!

Minor Counters

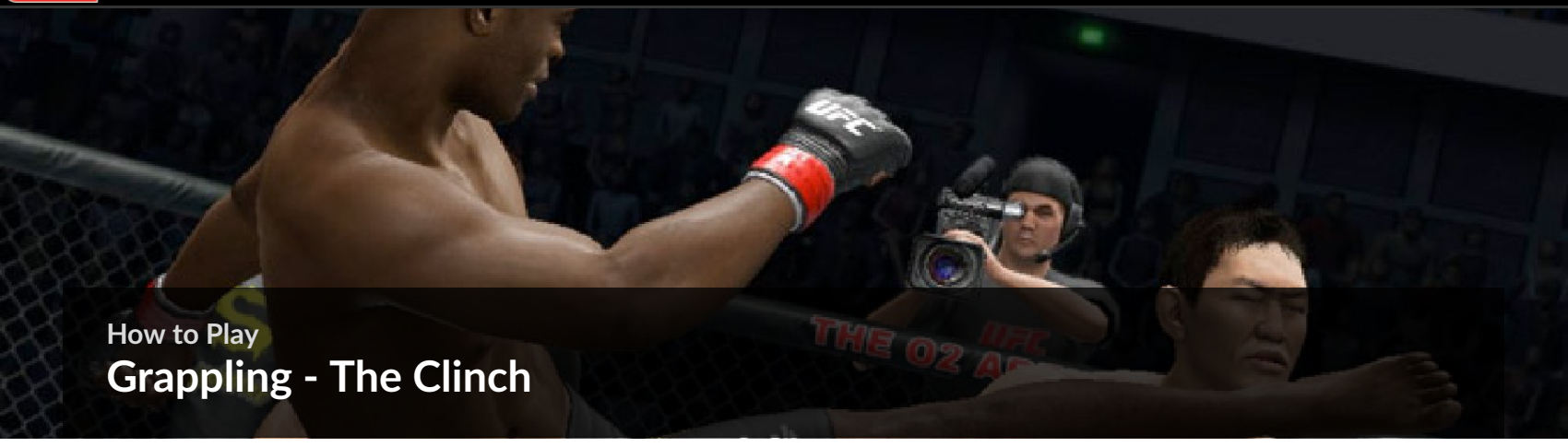
Minor counters occur when you land a strike just as the opponent's strike is ending. Minor counters therefore commonly occur when you're quick to respond after the opponent misses.

Step or sway to avoid your rival's attacks, then throw out fast counter strikes to light them up with minor counters!

ULTIMATE STRATEGY: STRIKING DEFENSE

These defensive tips will help you minimize damage as you set up your own brutal offense:

- Blocked strikes inflict little damage, so cover up and protect yourself by blocking whenever you're not attacking.
- Blocking the body and legs is important, but defending the head is most vital—never leave it exposed for long!
- Sway to slip the opponent's strikes, thereby avoiding damage altogether while remaining in striking range.
- After swaying, quickly counter the opponent's strikes to punish your adversary with major or minor counters that significantly increase damage.
- Regardless of the opponent's state of health, major counters always have a small chance to instantly KO the victim—a good reason to avoid throwing too many strong strikes in a row!



How to Play

Grappling - The Clinch

The clinch is a standing grappling position used to wear down and inflict damage against elusive opponents. The proximity of the fighters in this position makes blocking and avoiding strikes more difficult—and sometimes impossible!

It's also easier to score trips and takedowns from the clinch, and these takedowns often land you in dominant top positions on the ground, such as Side Control.

Entering the Clinch

Tilt the Clinch/Grapple stick toward the opponent to attempt to grab him and transition into the clinch. This is easier to accomplish when one or both fighters are aggressively moving forward, or when you've cornered your adversary near the cage.

Clinch attempts are less risky than shooting in for takedowns on the feet because the opponent cannot counter you with takedown intercept attacks. If you wish to bring the fight to the ground but your takedowns keep getting countered, try using the clinch as a means to your end.

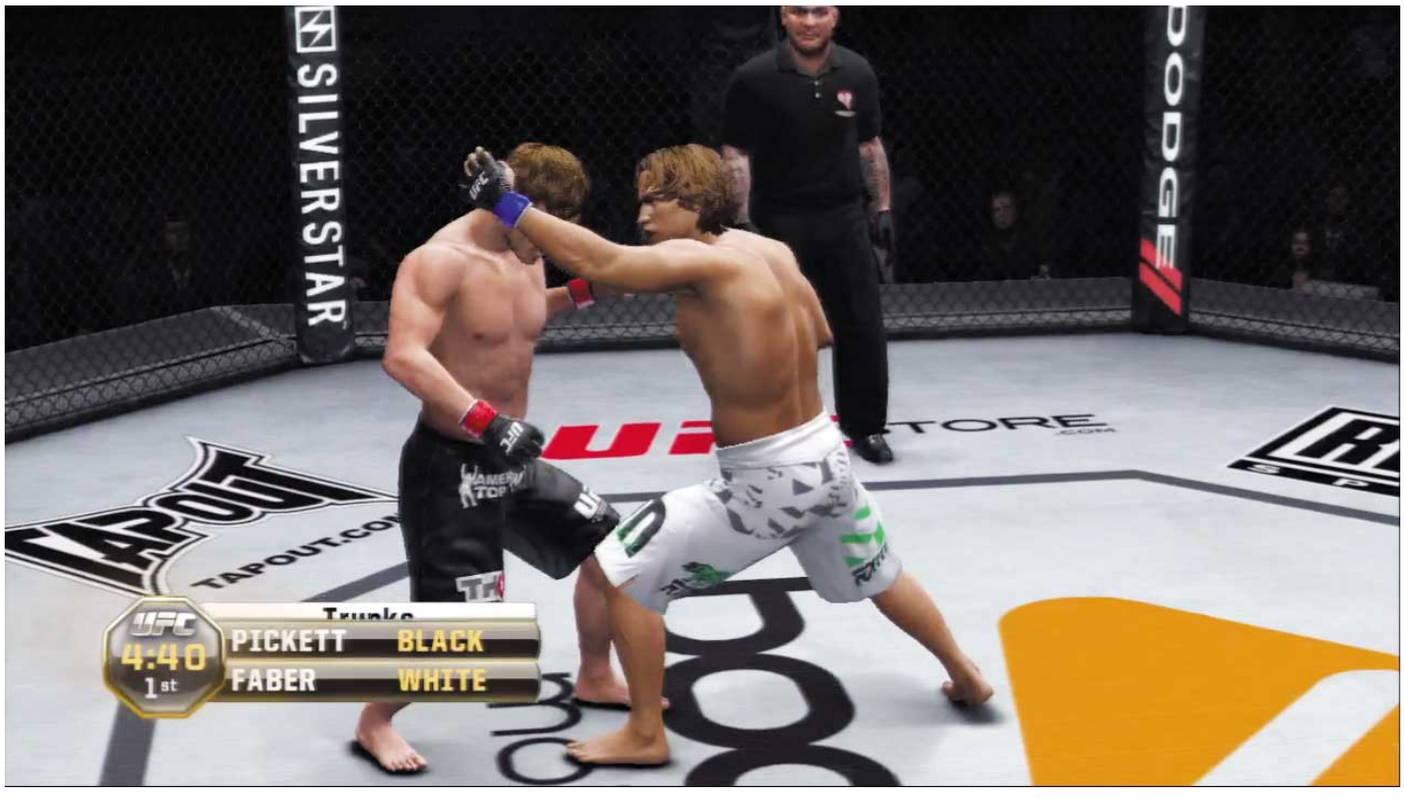
Tip

Try using steps to set up your clinch attempts. Step and slip the opponent's blows as you move into clinch range.

Counter Grappling

With proper timing, you can also enter the clinch by performing a useful move called the counter grapple.

The moment the opponent begins to strike, tilt the Clinch/Grapple stick up (for head strikes) or down (for body and leg strikes) to counter-grapple the blow in one of three ways:



If the strike you've counter-grappled was a punch, you will instantly transition into the clinch. Do some damage or go for a

takedown!

If the strike was a head or body kick, you will catch the kick and wind up in the Kick Catch position. Hurry and land a punishing strike, or tilt the Clinch/Grapple stick toward your opponent to transition into a powerful takedown!

If the strike was a leg kick, you will lift your leg and perform a "kick check" that actually damages the opponent's kicking leg instead of your own. Though rare, it's possible to TKO an opponent's battered leg with a well-timed kick check!

Note

Quick strikes cannot be caught by counter grapples—only strong strikes can be counter-grappled. This includes regular strong strikes as well as step, dash, and technique strikes.

Counter-grappling is an excellent way to enter the clinch against aggressive power-strikers who aren't likely to take you down. Use it to quickly clinch up with these dangerous adversaries and bring them into your world.

Working the clinch

While in the clinch, you can move and throw strikes just like you can on your feet. Clinch strikes tend to be shorter, more punishing blows like knees, elbows, and uppercuts. In addition to your fighter's various attributes and skills, the strength of the clinch strikes depends on two key factors: the direction that both fighters are moving and the current clinch position.

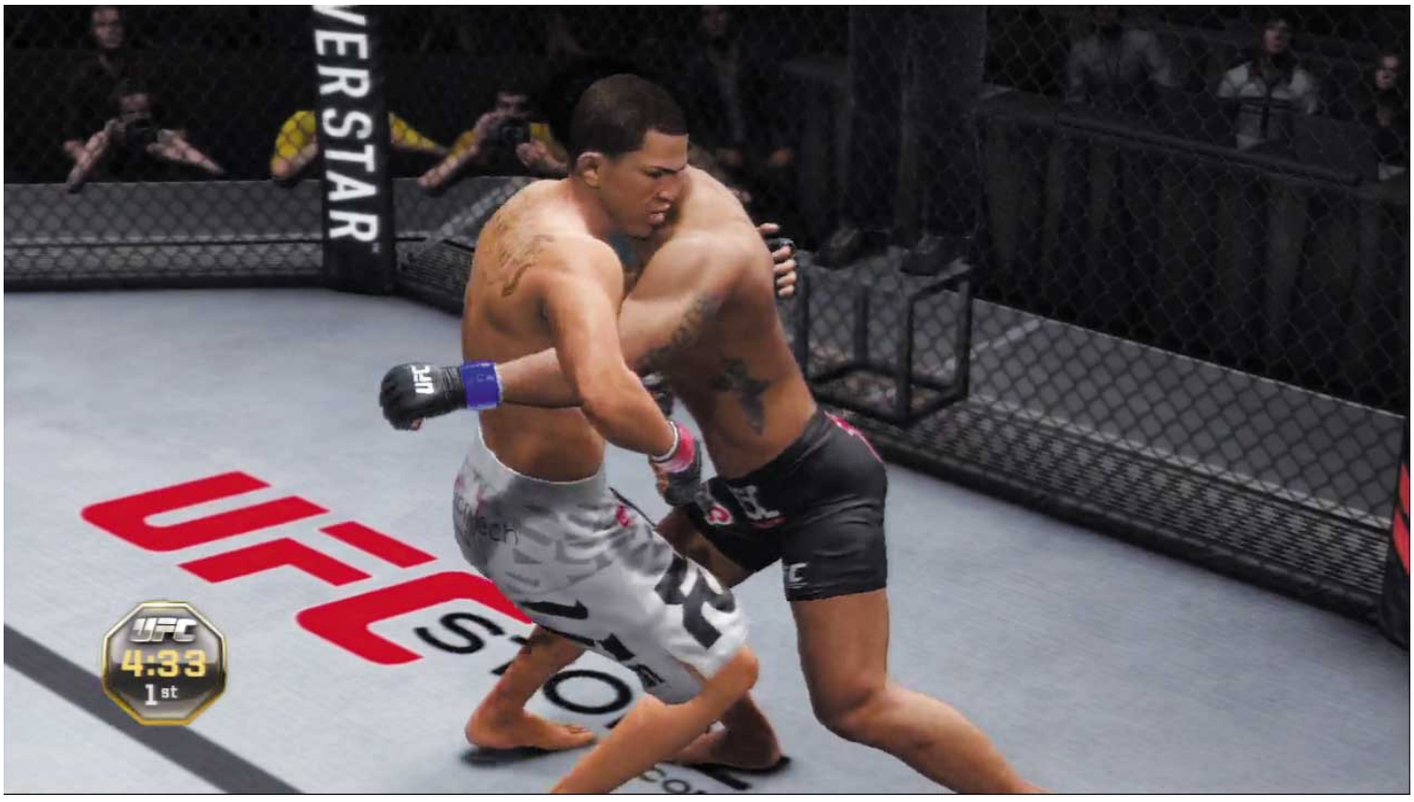
- Moving forward in the clinch reduces the damage of your strikes and increases the damage of the opponent's. However, moving forward allows you to press the opponent into advantageous positions against the cage, limiting their options.

- Moving backward in the clinch increases the damage of your strikes and reduces the damage of the opponent's, but also makes it much easier for the opponent to break free of your clinch.

- If both fighters are moving forward (toward one another) in the clinch, the distance will be too close for striking to be effective, and all damage will be significantly reduced.

- If both fighters are moving away from each other in the clinch, the hold will quickly be broken, returning the action to the traditional stand-up game.

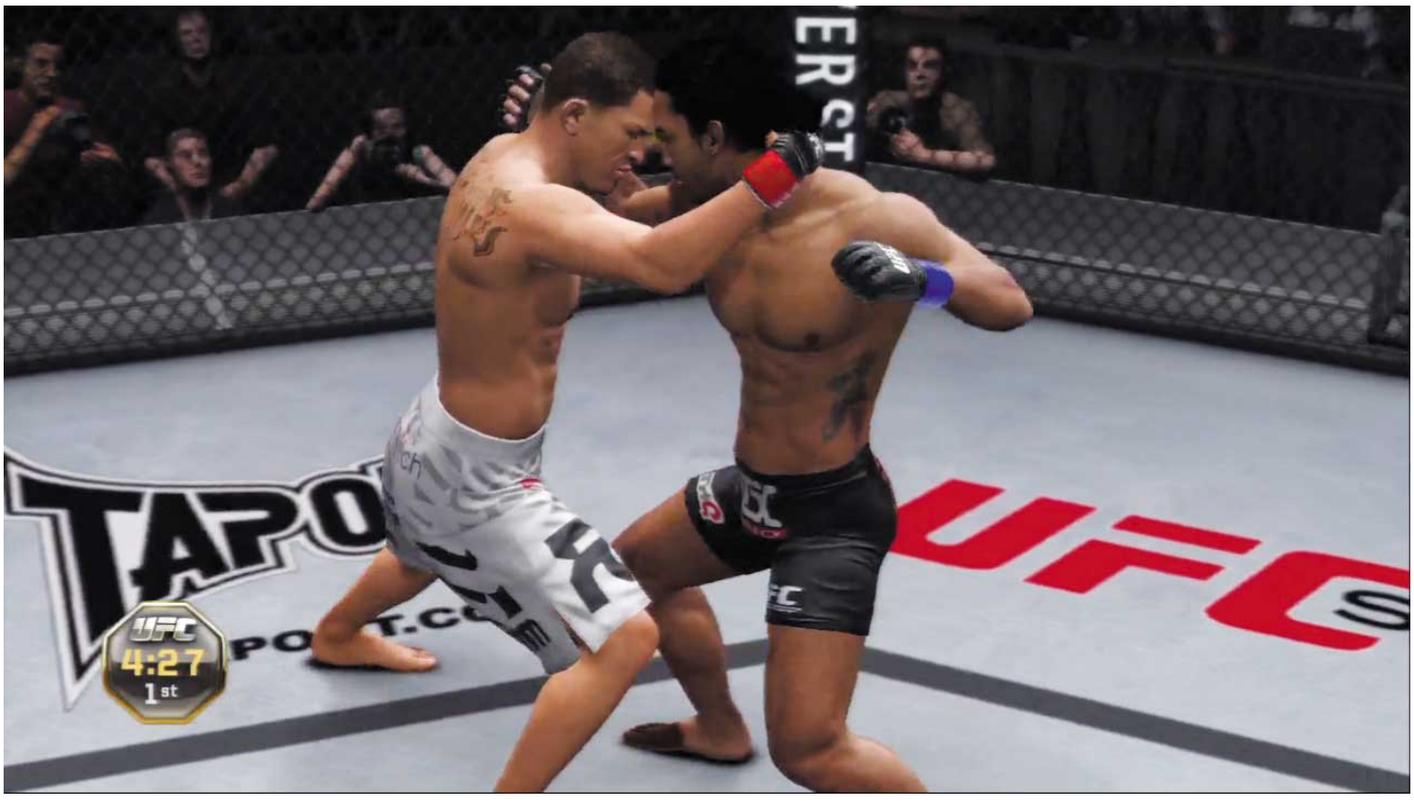
Advanced Position (Pummeling)



Manipulate the Clinch/Grapple stick to perform major and minor clinch transitions. The exact manner in which you must maneuver the stick depends on your chosen grappling control style (Amateur or Pro).

Transitioning causes you to “pummel” and improve your clinch position, helping you land more effective strikes or helping to set up throws and takedowns. You aren’t taking full advantage of the clinch if you aren’t transitioning to dominant positions, so practice pummeling before ripping off brutal strikes and takedowns.

Clinch Transition Flow



Depending on your goals in the clinch, you may wish to work either the Muay Thai Clinch, which favors clinch strikers, or the Body Lock or Back Clinch, which favor takedown artists and grapplers. Regular clinch attempts always move you to the Double Underhook, Offense position, which favors grapplers.

If you want to work some Muay Thai, hold the Technique Modifier trigger while clinching to enter either the Single Collar Tie or the Muay Thai Clinch, Offense instead (depending on your fighter's base style).

From most advantageous to least, here are the clinch positions for grapplers, which stem from normal clinch attempts:

- Body Lock, Offense or Back Clinch, Offense
- Double Underhook, Offense
- Over/Under Hook
- Double Underhook, Defense
- Body Lock, Defense or Back Clinch, Defense

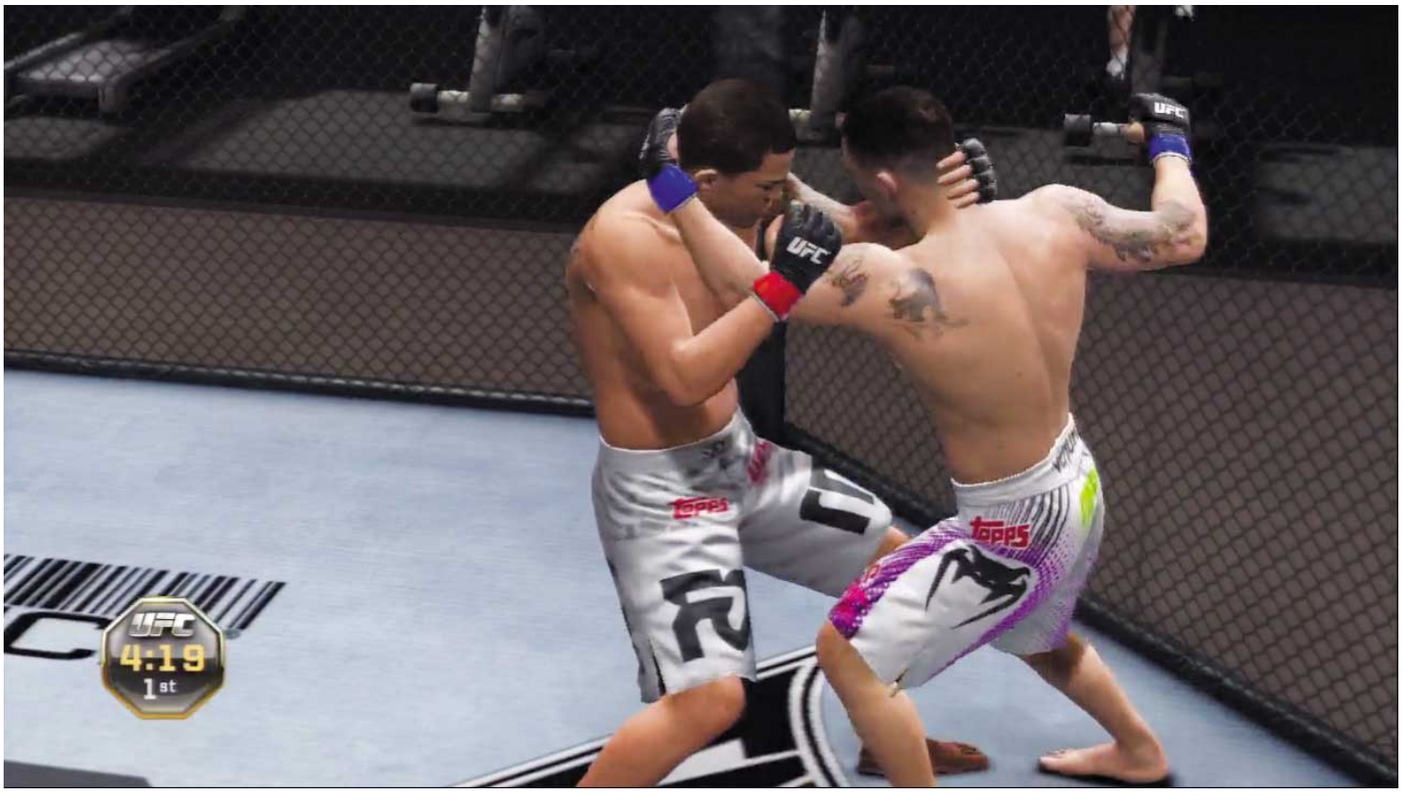
These clinch positions run from most advantageous to least for strikers—access these aggressive clinches by using technique transitions to enter the clinch:

- Muay Thai Clinch, Offense
- Single Collar Tie
- Muay Thai Clinch, Defense

Tip

Further improve your dominance in the clinch by pressing your opponent against the cage.

Clinch Transition Interupts



Landing well-timed strong strikes to the opponent's head can interrupt his transition attempts, preventing him from improving his clinch position.

Once you've advanced to an advantageous clinch position such as the Muay Thai Clinch, Offense position, try throwing strong strikes to batter your rival and interrupt his transitions.

Clinch Whipping

Some fighters can use the Muay Thai Clinch to great effect, greatly increasing the damage of their clinch strikes by whipping the opponent around by the head and neck. Simply hold the Technique Modifier trigger while tilting the Clinch/Grapple stick up or down, and if your fighter is able, he'll whip the opponent around by the head.

Quickly follow up with a devastating clinch knee or elbow to pile on the damage! Only one strike can be thrown after each whip, so make it count.

Note

The clinch whip is a technique move known only to certain fighters. Check your fighter's transitions in the Muay Thai Clinch, Offense position under the in-game Action List to see whether or not he can perform a clinch whip.

Using the Cage

The Octagon is an important tool for clinch artists to exploit. Use the clinch to press your opponent's back against the cage, dramatically restricting the fighter's mobility and making it far more difficult for him to avoid your clinch offense.

Cage clinch positions are also difficult to escape, allowing you to unleash strong strikes with less fear of the opponent breaking free. See the "Octagon Control" section in this chapter for more on using the cage to your advantage.

Clinch Takedowns

The closeness of the clinch makes it ideal for scoring takedowns. While you can shoot for a takedown in most clinch positions, you'll find takedowns easier to finish after performing major transitions to achieve a dominant clinch grappling position, such as Body Lock, Offense or Back Clinch, Offense.

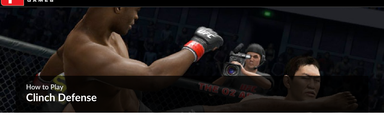
These positions also allow for unique clinch trips and throws, giving you more options.

Shooting in for takedowns is risky because it exposes you to painful counters. Score takedowns from the clinch to plant your opponent on the mat with far less risk. Clinch takedowns can also land you in more dominant positions than regular takedown attempts, such as Back Side Control.

ULTIMATE STRATEGY

The clinch can be a fantastic offensive position, especially when you keep these tips in mind:

- Use steps and good footwork to slip the opponent's strikes and move into clinching range.
- Enter the clinch more easily by cornering your opponent near the cage, or by timing their strikes and looking to counter-grapple.
- Pummel to a more dominant clinch position before attempting much offense.
- Once you've achieved an advantageous clinch position, unleash strong strikes that are tough for opponents to absorb.
- Strong strikes are available in several clinches—the Muay Thai Clinch, Offense and Single Collar Tie clinches are the most common. Use strong strikes from here to potentially interrupt the opponent's attempts to pummel and improve position.
- If you can, use clinch whips from the Muay Thai Clinch to greatly increase the damage of your clinch strikes.
- Use the clinch to score takedowns without exposing yourself to takedown intercept attacks.
- Strikes are more powerful and takedowns are easier to complete when your rival is pinned against the cage. Try shoving your opponent into the cage while in the clinch, then pour on the offense!



How to Play

Clinch Defense

Even if you're good at attacking in the clinch, it's important to know how to defend against the opponent's clinch game. Let's discover how to do just that.

Avoiding the Clinch

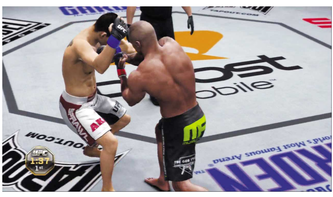
The best way to nullify your opponent's clinch game is to avoid the position altogether. Tilt the Clinch/Grapple stick away from the opponent to block attempts to enter the clinch, just as you'd do to stuff takedowns.

Caution

Gifted clinch practitioners may use the counter grapple to catch your strikes and instantly tie you up in the clinch.

A successful counter grapple can't be blocked, so favor quick strikes against opponents who like to counter-grapple, and use good footwork and feints to avoid becoming predictable.

Blocking



Due to the closeness of the clinch, stepping and swaying away from strikes isn't possible. This makes clinch strikes easier to land, and therefore heightens the importance of blocking.

Though blocking isn't as easy or effective in the clinch as it is on the feet, it's equally vital—cover up and try not to let your opponent connect with too many punishing blows!

Tip

Block the opponent's clinch strikes to conserve Stamina in the clinch, then break free when your rival tires.

Maintaining Position

Don't allow your opponent to improve their position in the clinch—pain and agony are sure to follow. Block transition attempts by tilting the Clinch/Grapple stick away from the opponent when they initiate a transition. Struggle to maintain your current position as you look for a chance to escape.

Improving Position

Neutralizing the opponent's clinch game is easier to manage when you're the one in dominant position. Tilt the Clinch/Grapple stick toward the opponent to attempt a transition that will improve your position.

Assuming your transition attempt isn't blocked, you'll move to a better clinch position and have better odds of breaking free or scoring some clinch offense of your own.

Tip

If the opponent is interrupting your transitions with strong strikes from a dominant clinch position, start blocking. Then try a transition immediately after a successful block. Your chances of successfully transitioning to a better position will be much higher!

Escaping the Clinch

If the clinch isn't where you want to be, struggle to break free by striking and moving away from the opponent. Mix in strikes as you tilt the Movement stick up, down, and away from the opponent, fighting to escape his grip.

Exiting the clinch can be difficult against a seasoned grappler—in these cases, it's best to avoid the clinch altogether by steadfastly tilting the Clinch/Grapple stick away from the fighter each time he tries to clinch up.

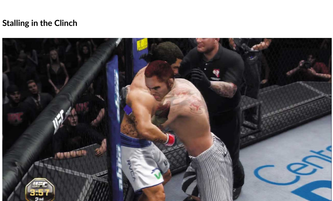
Clinch Transition Reversals

When the opponent attempts to gain position in the clinch, flick the Clinch/Grapple stick away from the fighter with the proper timing (instead of simply holding it away) to perform a clinch transition reversal.

A well-timed reversal will dramatically improve your position instead of your opponent's—this helps you turn the tables when you're really getting worked over in the clinch.

Though clinch transition reversals can quickly change the momentum of a fight, they're also very risky, because waiting to flick the Clinch/Grapple stick means you're not simply holding it away from the opponent to block clinch transitions and takedowns.

Stalling in the Clinch



Many clinch positions do not allow for strong strikes. If you can manage to "stall out" your opponent by blocking all of their transitions in such a clinch, the referee may be compelled to separate the fighters and return the fight to the striking game.

Stalling in the clinch can be a very useful strategy when pitted against a superior grappler, or when you find yourself pressed against the cage and are having trouble escaping.

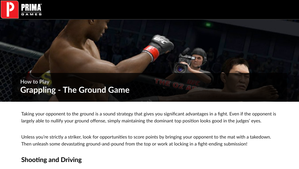
Don't try stalling when you're eating strong strikes, though—transition to a better position first, where the opponent's strikes aren't as effective.

Simply tilt and hold the Clinch/Grapple stick away from the opponent to block their transition attempts, preventing them from improving their position to a more threatening one. Keep them stuck in a clinch that doesn't allow for strong strikes and the ref will eventually break things up.

ULTIMATE STRATEGY: CLINCH DEFENSE

Keep these tips in mind to avoid getting worked over in the clinch:

- If you don't favor the clinch, keep out of the position by tilting the Clinch/Grapple stick away from an opponent who's trying to clinch up.
- Use quick strikes to nullify counter grapples, and employ good footwork to keep the opponent at range and unable to clinch with you.
- Circle around your rival instead of backing straight up, and don't let him corner you near the cage, where his clinch game will be at its strongest.
- If you've been caught in a clinch, tilt the Movement stick up, down, and away from your rival to struggle and escape. Mixing in a few strikes helps as well.
- If you're unable to improve your position or escape the clinch, try holding the opponent in a neutral clinch position. Focus on blocking strikes and transition attempts until the ref steps in and breaks you up.



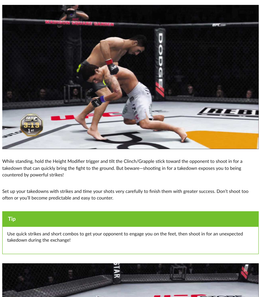
How to Play:

Grappling - The Ground Game

Taking your opponent to the ground is a sound strategy that gives you significant advantages in a fight. Even if the opponent is largely able to nullify your ground offense, simply maintaining the dominant top position looks good in the judges' eyes.

Unless you're strictly a striker, look for opportunities to score points by bringing your opponent to the mat with a takedown. Then unleash some devastating ground-and-pound from the top or work at locking in a fight-ending submission!

Shooting and Driving

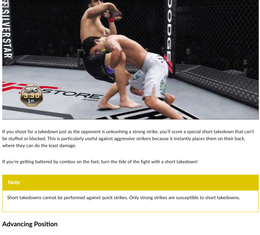


While standing, hold the Height Modifier trigger and tilt the Clinch/Grapple stick toward the opponent to shoot in for a takedown that can quickly bring the fight to the ground. But beware—shooting in for a takedown exposes you to being countered by powerful strikes!

Set up your takedowns with strikes and time your shots very carefully to finish them with greater success. Don't shoot too often or you'll become predictable and easy to counter.

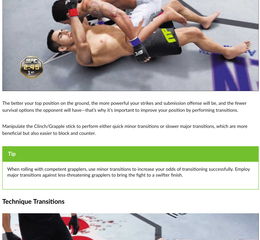
Tip

Use quick strikes and short combos to get your opponent to engage you on the feet, then shoot in for an unexpected takedown during the exchange!



Many times, completing a takedown requires you to dig deep and drive for the finish. After shooting in, rotate the Clinch/Grapple stick as fast as you can to drive your opponent onto his back and secure the top position on the ground.

Short Takedowns



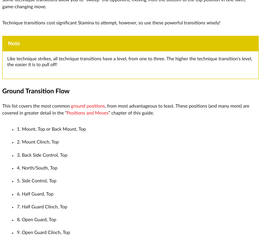
If you shoot for a takedown just as the opponent is unleashing a strong strike, you'll score a special short takedown that can't be stuffed or blocked. This is particularly useful against defensive opponents because it instantly places them on their back, where they can do the least damage.

If you're getting battered by combos on the feet, turn the tide of the fight with a short takedown!

Note

Short takedowns cannot be performed against quick strikes. Only strong strikes are susceptible to short takedowns.

Advancing Position



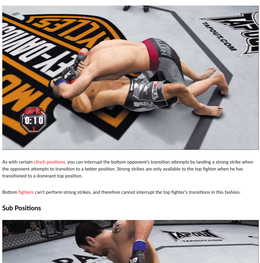
The better your top position on the ground, the more powerful your strikes and submission offense will be, and the fewer survival options the opponent will have—that's why it's important to improve your position by performing transitions.

Manipulate the Clinch/Grapple stick to perform either quick-minor transitions or slower major transitions, which are more beneficial but also easier to block and counter.

Tip

When rolling with competent grapplers, use minor transitions to increase your odds of transitioning successfully. Employ major transitions against less-threatening grapplers to bring the fight to a swifter finish.

Technique Transitions



Hold the Technique Modifier trigger while attempting a ground transition to perform a technique transition, assuming your fighter is able. Technique transitions are more powerful than normal transitions, meaning they have a better chance of succeeding and significantly improving your position on the ground.

Some technique transitions allow you to "sweep" the opponent, moving from the bottom to the top position in one swift, game-changing move.

Technique transitions cost significant Stamina to attempt, however, so use these powerful transitions wisely!

Note

Like technique strikes, all technique transitions have a level, from one to three. The higher the technique transition's level, the easier it is to pull off!

Ground Transition Flow

This list covers the most common ground positions, from most advantageous to least. These positions (and many more) are covered in greater detail in the "Positions and Moves" chapter of this guide.

- 1. Mount, Top or Back Mount, Top
- 2. Mount Clinch, Top
- 3. Back Side Control, Top
- 4. North/South, Top
- 5. Side Control, Top
- 6. Half Guard, Top
- 7. Half Guard Clinch, Top
- 8. Open Guard, Top
- 9. Open Guard Clinch, Top
- 10. Open Guard Clinch, Bottom
- 11. Open Guard, Bottom
- 12. Half Guard Clinch, Bottom
- 13. Half Guard, Bottom
- 14. Side Control, Bottom
- 15. North/South, Bottom
- 16. Back Side Control, Bottom
- 17. Mount Clinch, Bottom
- 18. Mount, Bottom or Back Mount, Bottom

Ground Transition Interupts

As with certain clinch positions, you can interrupt the bottom opponent's transition attempts by landing a strong strike when the opponent attempts to transition to a better position. Strong strikes are only available to the top fighter when he has transitioned to a dominant top position.

Bottom fighters can't perform strong strikes, and therefore cannot interrupt the top fighter's transitions in this fashion.

Sub Positions

Most non-clinch ground positions allow the top fighter to transition into a dangerous sub position. As the top fighter, simply tilt the Movement stick (not the Clinch/Grapple stick) toward the opponent to "posture up" into sub position.

Now your strikes are much stronger than normal, and your submissions will be even easier to apply!

These ground positions allow the top fighter to transition into a threatening sub position—be sure to do so when you're on top:

- Open Guard, Top
- Half Guard, TopSide Control, Top
- Mount, Top
- North/South, Top
- Sprawl, Top
- Back Side Control, Top
- Back Mount, Top
- Back Mount Face Up, Top
- Back Mount Face Up Body Triangle, Top

Note

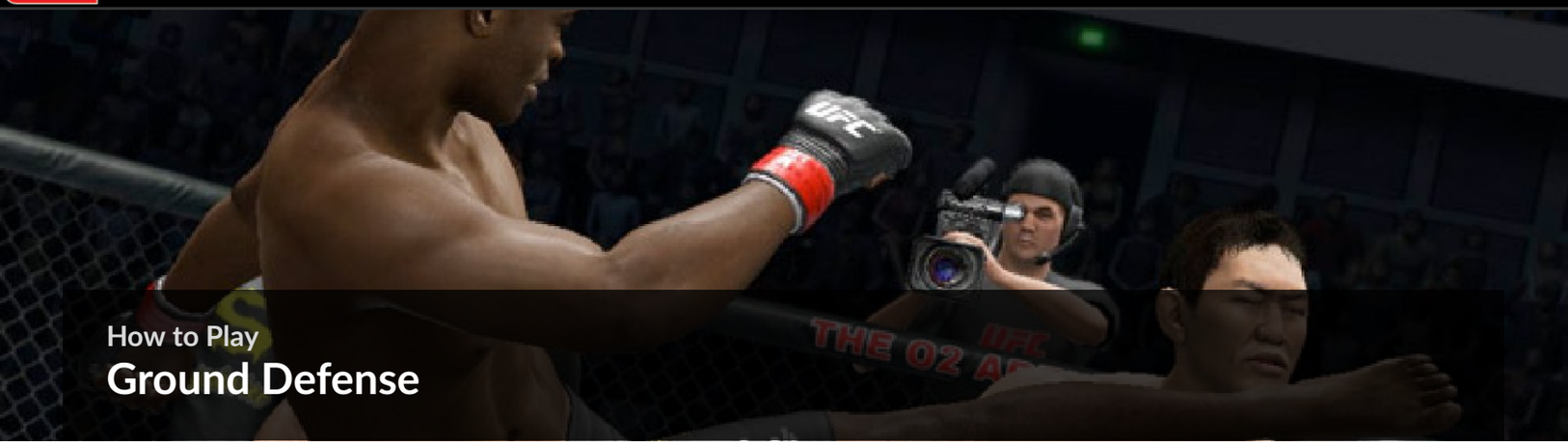
Sub positions are not required for applying submissions—they simply make subs more powerful and easier to finish. The submission you perform may vary depending on whether or not you've postured up into sub position as well.

See the "Submissions" section of this chapter for more on applying and defending against subs.

ULTIMATE STRATEGY: GROUND OFFENSE

The ground is a great place to be—assuming you're on top. Remember these tips and you'll dominate your grounded foes:

- Diving for takedowns on the feet is risky against counter-fighters. Use quick strikes, feints, and footwork to get such fighters to open up with some offense, then shoot in when the time is right.
- Shoot against aggressive power-punchers when they begin to uncork slower strong strikes. If you time it right, you'll score a short takedown that can't be stuffed.
- Once you've pinned your opponent to the mat, look to improve your position with minor, major, and technique transitions.
- When you're not being held in a ground clinch, posture up into sub position and finish the fight with strong strikes and powerful submissions from the top!
- If the opponent has good ground defense, simply try to maintain the top position without working too hard. Block transitions as you land quick strikes, and work for minor transitions. Staying on top can win you close decisions, even when relatively little offense is being dished out.



How to Play

Ground Defense

Defending on the ground is vital in UFC Undisputed 3, because you're always vulnerable when you're stuck on bottom. Here we cover everything you need to know about proper ground defense.

Stuffing Takedowns (Sprawling)

When the opponent shoots in for a takedown, tilt the Clinch/Grapple stick away from him to sprawl out and "stuff" the shot, maintaining your balance.

Many times, sprawling results in a brief takedown battle—quickly rotate the Clinch/ Grapple Stick to struggle against the takedown! At the same time, your opponent will be spinning their Clinch/Grapple stick in an attempt to complete their takedown.

The battle can result in three different outcomes, depending on how closely it was contested:

Takedown: The takedown attempt succeeds, and the fighters move into a ground position, with the aggressor on top and the defender on bottom. The precise resulting position depends on the aggressor's takedown prowess.

Sprawl: The battle ends in a stalemate, and the fighters move to the Sprawl ground position. The defender has the advantage

of being on top, while the aggressor will be stuck carrying his weight on bottom.

Takedown Counter: If the defender is quick to stuff the takedown immediately, he'll have a brief chance to unleash a takedown counter.

Takedown Counters

If you're quick to stuff a takedown, it's possible that no takedown battle will occur. In these cases, you have a brief chance to land one of three highly effective counters:

- Land a vicious counter strike by pressing any punch or kick button.
- Take the opponent down by quickly tilting the Clinch/Grapple stick toward him.
- Press down on the Clinch/Grapple stick to lock in an unexpected sub.

All three of these counters are useful, but they only become available when you stuff a takedown immediately. Even then, you have only a brief moment to perform the counter before the opponent regains his balance and stands up. Don't waste these golden opportunities to punish your rival!

Takedown Intercept Attacks

Another option for countering takedowns is to press the Right Kick button while tilting the Movement stick away from the opponent just as he begins to shoot.

When properly timed, this performs a brutal takedown intercept attack that hammers the opponent's inbound face with an unyielding knee.

Timing is essential, however, as the opponent's takedown will succeed rather easily if you're slow to counter.

Note

Takedown intercept attacks are considered major counters, and therefore have a small chance to instantly KO the opponent. Make good use of these against grapplers who rely too heavily on takedowns!

Ground Clinch Positions

While struggling on bottom, try to maintain defensive ground clinch positions—your opponent will be unable to unleash strong strikes while the fighter's posture is being restricted, allowing you to focus on blocking transitions and improving your own position.

To pull the opponent into a ground clinch, simply tilt the Clinch/Grapple stick up or down to perform minor or major transitions from the bottom.

If the top fighter doesn't block your transitions, you'll eventually pull him into a ground clinch.

You're normally unable to move when you're stuck on the ground in bottom position, but in a ground clinch, you can use the Movement stick to slowly move around on your back.

This lets you inch toward the cage and transition into a seated cage position. Now perform a major transition to use the cage and quickly escape back up to your feet!

From best to worst (for the bottom fighter), here are the different ground positions from which ground clinches are available:

- Open Guard Clinch
- Half Guard Clinch
- Mount Clinch

Blocking

Being planted on your back is the last place you want to be inside the Octagon—but hey, it happens.

Make sure to hold the High Block trigger while struggling on bottom, particularly if the opponent has “postured up” into a dangerous sub position, from which more powerful strikes can be unleashed.

You don’t want to eat many strong strikes while on bottom—defend and look to improve your position to a ground clinch!

Ground Swaying

In certain ground positions, the fighter on bottom can tilt the Movement stick left and right to sway from side to side.

With proper timing, it’s possible to sway and avoid straight punches, along with other strikes that come in a straight line.

Swaying away from arcing blows such as hooks reduces their damage, while swaying into arcing blows increases their damage.

Ground swaying can be risky, but also very effective at times when the opponent is throwing the same strike over and over.

Ground swaying is available in the following ground positions:

- Open Guard, Bottom
- Half Guard, Bottom
- Butterfly Guard, Bottom
- Mount, Bottom

Note

Though you can sway while fighting off your back on the ground, you cannot land counter strikes off your back. In general, striking from the bottom is not advised!

Tip

If the opponent is interrupting your ground transitions with strong strikes from the top, start blocking or swaying.

Transition immediately after a successful block or sway, and your attempt will have a much greater chance of succeeding!

Strike Catch Submissions

When fighting off your back in the Open Guard, Bottom position, hold the Technique Modifier trigger and press down on the Clinch/Grapple stick with proper timing to catch the opponent's inbound strike and transition into an immediate—and unexpected—submission. Just because you're on your back doesn't mean you can't attack!

Note

Only certain fighters can perform strike catch submissions from the bottom. If a fighter does not know this technique, he will then pull his adversary into an immediate ground clinch when he catches the top fighter's strike.

Strike catch submissions are tough to land unless the opponent is hammering down with repeated blows, but they can be a tremendous way to turn the tide of the battle, particularly for submission experts. These are only available to certain fighters in the following positions:

- Open Guard, Bottom
- Half Guard, Bottom
- Up/Down Near, Bottom

Maintaining Position

Don’t let your opponent improve their position on the ground—their offensive options significantly increase when they do!

Prevent the top opponent from transitioning by simply tilting and holding the Clinch/Grapple stick away from them to block all transition attempts for a short time.

You can’t block your opponent’s transitions forever, though, so look for opportunities to improve your position and get off your back!

Improving Position and Escaping

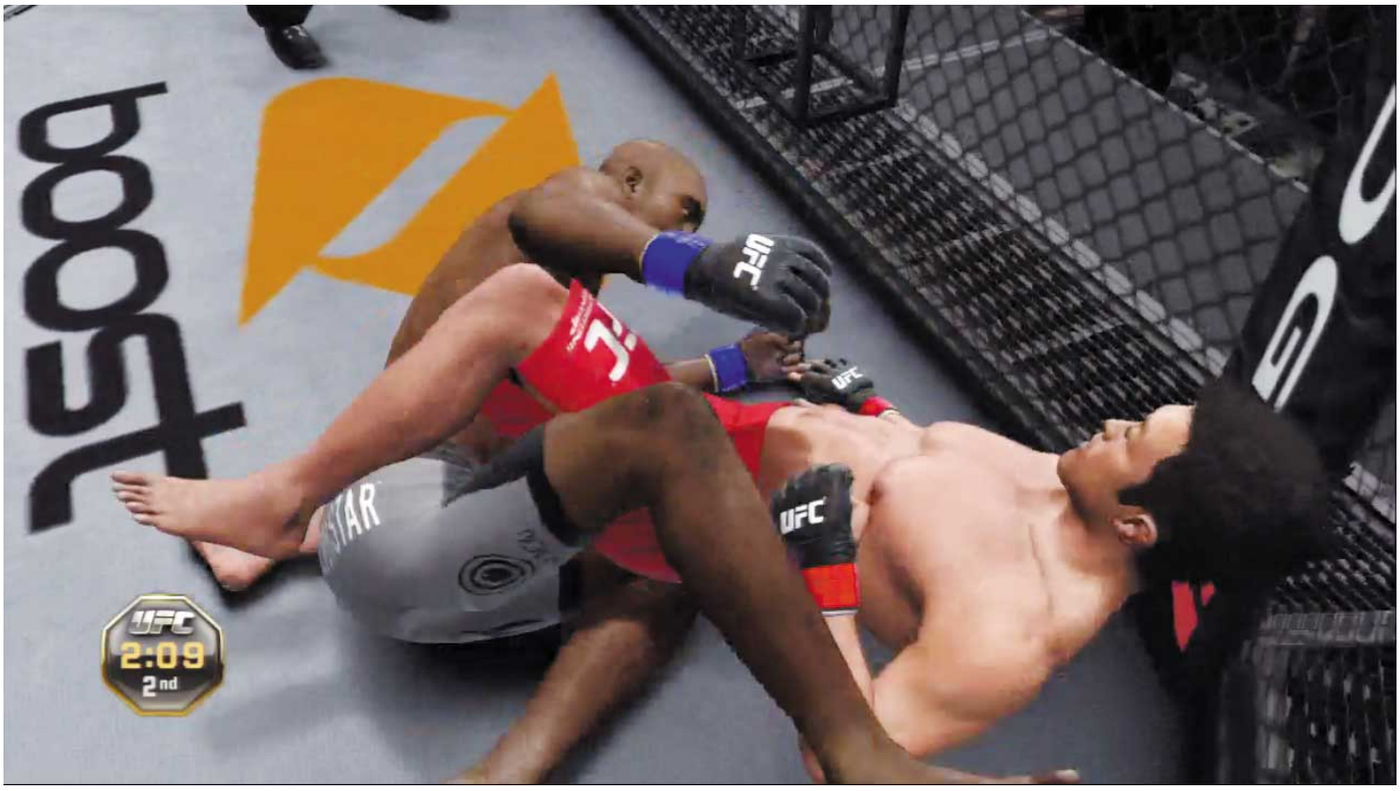
Unless you’re the man on top, don’t linger on the ground for long—work at improving your position by tilting the Clinch/Grapple stick up or down to perform minor and major transitions, just as you would when fighting from the top.

If you’re successful, you’ll eventually kick the opponent away—hurry and press down on the Movement stick to escape back up to your feet!

Caution

You’re vulnerable for a brief moment when standing up from the ground, so the more distance between you and your opponent, the better!

Ground Transition Reversals

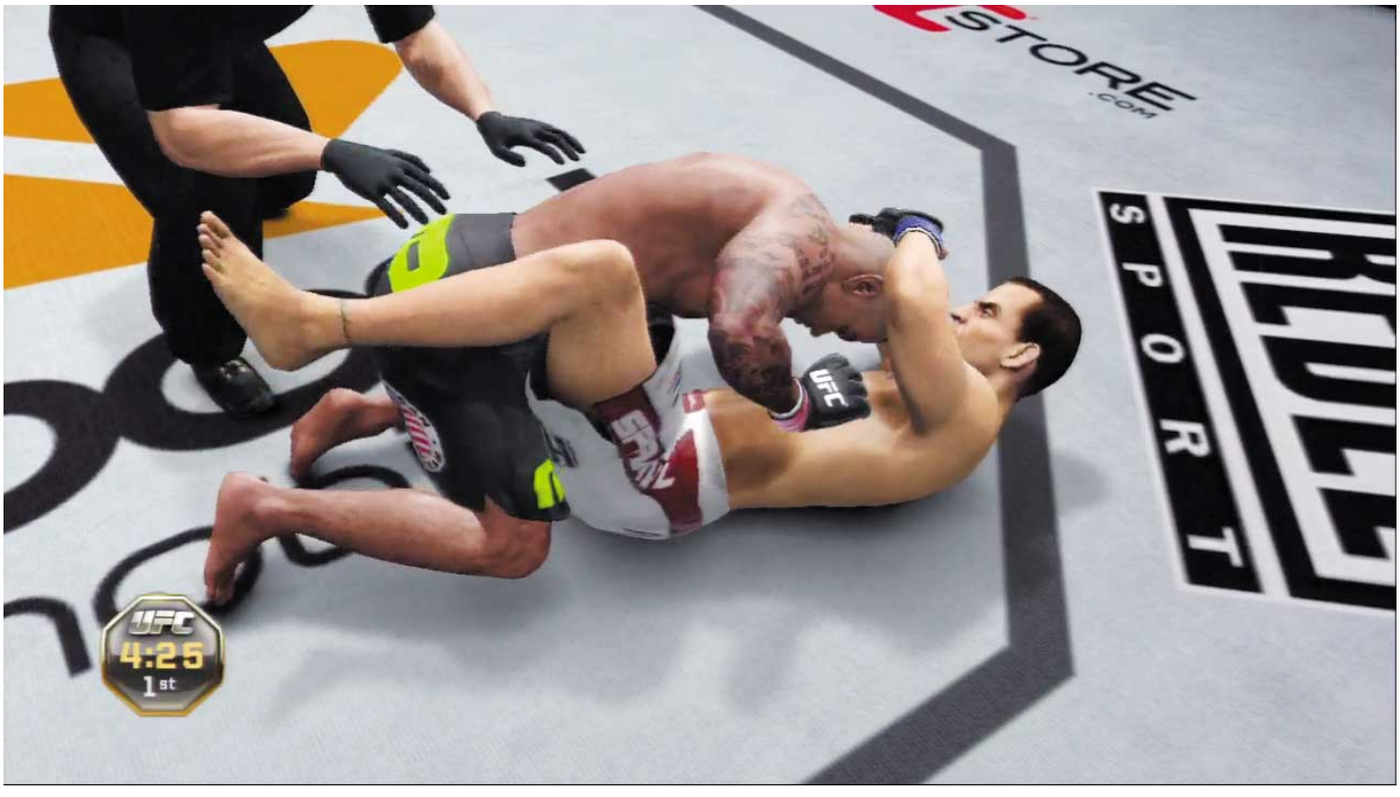


When the opponent attempts to gain better position on the ground, flick the Clinch/Grapple stick away from the fighter with the proper timing (instead of simply holding it away) to perform a ground transition reversal.

A successful reversal causes you to dramatically improve your position instead, often causing the top fighter to bound into Mount or the bottom fighter to sweep his rival onto his back, trading positions in a dramatic twist of fate.

Though potentially fight-altering, ground transition reversals are also quite risky, because waiting to flick the Clinch/Grapple stick means you're not simply holding it away from the opponent to block transitions and subs.

Stalling on the Ground



If you're having trouble getting off your back, you may be able to force a referee stand-up. First improve to a ground clinch position, then tilt and hold the Clinch/Grapple stick away from the opponent in the hopes of blocking all transitions.

Keep this up and you may force the referee to step in and restart the action on the feet! This is an ideal tactic when facing a lazy grappler who's simply trying to hold you down and win over the judges each round.

Ground Cage Positions

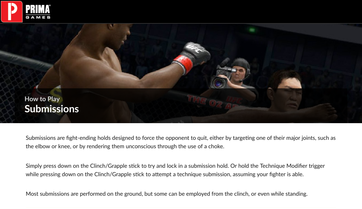
Certain ground clinch positions (namely Open Guard Clinch, Bottom and Half Guard Clinch, Bottom) allow the bottom fighter to crawl up to a seated position with his back pressed against the cage, thereby transitioning to a ground cage position.

Attempt a minor transition when your head is close to the cage—if successful, you'll crawl up and press your back against the fence. Now you can more easily escape to a standing position by simply performing a major transition to use the cage and return to your feet!

ULTIMATE STRATEGY: GROUND DEFENSE

Employ these vital tips when faced with a fighter who likes to flatten you on your back

- Be quick to stuff the opponent's takedowns and you'll have a chance to score brutal takedown counters.
- If the opponent is relentlessly shooting, use takedown intercept attacks to rock them with hard knees to the face.
- When fighting off your back, try to maintain ground clinch positions. The opponent's strikes won't be very effective, allowing you to focus on maintaining and improving your own position.
- If the opponent is relentlessly attempting to improve position, use ground transition reversals to instantly flip him over and turn the tide of battle.
- If the opponent manages to posture up, start blocking or ground swaying to avoid strikes and reduce damage. Attempt a transition immediately after blocking or swaying away from a strike to significantly increase your odds of improving position.
- On the other hand, submission experts may want to gamble and try for strike catch submissions off their back!
- If you're unable to stand up, try inching toward the cage in a ground clinch and attempting a transition. If successful, you'll scoot up against the fence in a seated position, and may then transition back up to your feet more easily with the aid of the cage.
- If you can't get up to your feet or get close to the cage, your best option may be to stall and hope that the ref will stand you up. Do this by holding the opponent in a tight ground clinch and blocking all transition attempts until the ref steps in.



How to Play
Submissions

Submissions are fight-ending holds designed to force the opponent to quit, either by targeting one of their major joints, such as the elbow or knee, or by rendering them unconscious through the use of a choke.

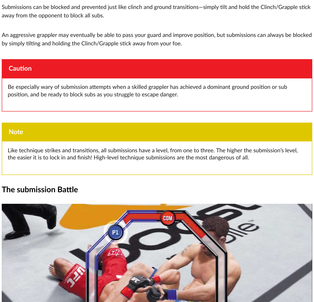
Simply press down on the Clinch/Grapple stick to try and lock in a submission hold. Or hold the Technique Modifier trigger while pressing down on the Clinch/Grapple stick to attempt a technique submission, assuming your fighter is able.

Most submissions are performed on the ground, but some can be employed from the clinch, or even while standing.

Note

Not every submission hold is known to each fighter. Check your warrior's Action List to see which submissions are available to him in each position.

Blocking Submissions



Submissions can be blocked and prevented just like clinch and ground transitions—simply tilt and hold the Clinch/Grapple stick away from the opponent to block all subs.

An aggressive grappler may eventually be able to pass your guard and improve position, but submissions can always be blocked by simply tilting and holding the Clinch/Grapple stick away from your foe.

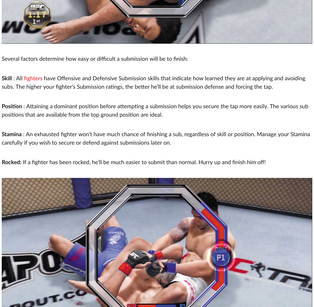
Caution

Be especially wary of submission attempts when a skilled grappler has achieved a dominant ground position or sub position, and be ready to block subs as you struggle to escape danger.

Note

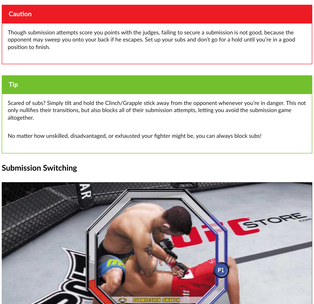
Like technique strikes and transitions, all submissions have a level, from one to three. The higher the submission's level, the easier it is to lock in and finish! High-level technique submissions are the most dangerous of all.

The submission Battle



Once a submission attempt has succeeded, the submission battle begins. Both fighters must use their Movement sticks to maneuver their colored bar around the onscreen Octagon HUD element. Here's the idea:

- If you're trying to lock in the sub, race to cover the opponent's bar with your own. Keep the bar covered until you lock in the sub and force the tap. This is more difficult as the submission battle wears on, because your bar steadily shrinks over time.
- If you're the defender, strive to keep your bar away from the opponent's until time runs out. This becomes easier as time passes, for the aggressor's bar shrinks over time.



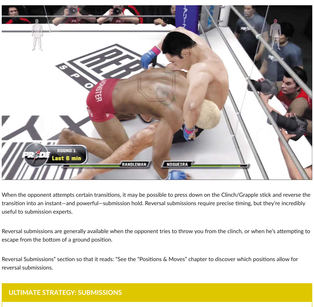
Several factors determine how easy or difficult a submission will be to finish:

Skill : All fighters have Offensive and Defensive Submission skills that indicate how learned they are at applying and avoiding subs. The higher your fighter's Submission ratings, the better he'll be at submission defense and forcing the tap.

Position : Attaining a dominant position before attempting a submission helps you secure the tap more easily. The various sub positions that are available from the top ground position are ideal.

Stamina : An exhausted fighter won't have much chance of finishing a sub, regardless of skill or position. Manage your Stamina carefully if you wish to secure or defend against submissions later on.

Rocked: If a fighter has been rocked, he'll be much easier to submit than normal. Hurry up and finish him off!



The fighter who has the advantage going into the submission battle will enjoy the following benefits:

- If the fighter who's applying the submission has the advantage, his bar will be longer and will move faster than the opponent's. This makes it easier to track him down and keep him covered during the battle.
- If the fighter who's defending has the advantage, his bar will be shorter and will move faster than the opponent's. This makes it easier to keep away from the opponent's bar until time runs out and the fighter manages to escape.
- In addition, when the defender has the advantage in the submission battle, it is likely that he will perform a dramatic escape, such as a slam, that will greatly improve his position after the escape.

Caution

Though submission attempts score you points with the judges, failing to secure a submission is not good, because the opponent may sweep you onto your back if he escapes. Set up your subs and don't go for a hold until you're in a good position to finish.

Tip

Scared of subs? Simply tilt and hold the Clinch/Grapple stick away from the opponent whenever you're in danger. This not only nullifies their transitions, but also blocks all of their submission attempts, letting you avoid the submission game altogether.

No matter how unskilled, disadvantaged, or exhausted your fighter might be, you can always block subs!

Submission Switching

Some submission artists are able to switch from one sub to another, chaining submissions together to increase their odds of securing the tap. If the Submission Switch icon appears onscreen during a submission battle, press down on the Clinch/Grapple stick to quickly transition into a different sub.

Submission switching gives you more time to force the tap, making it very useful when time is about to run out and the opponent is about to escape.

Note

Even if your fighter knows how to switch between submissions, he won't be able to do so if he's low on Stamina. You can only perform a submission switch while the icon is displayed onscreen, so look for it.

Reversal Submissions

When the opponent attempts certain transitions, it may be possible to press down on the Clinch/Grapple stick and reverse the transition into an instant—and powerful—submission hold. Reversal submissions require precise timing, but they're incredibly useful to submission experts.

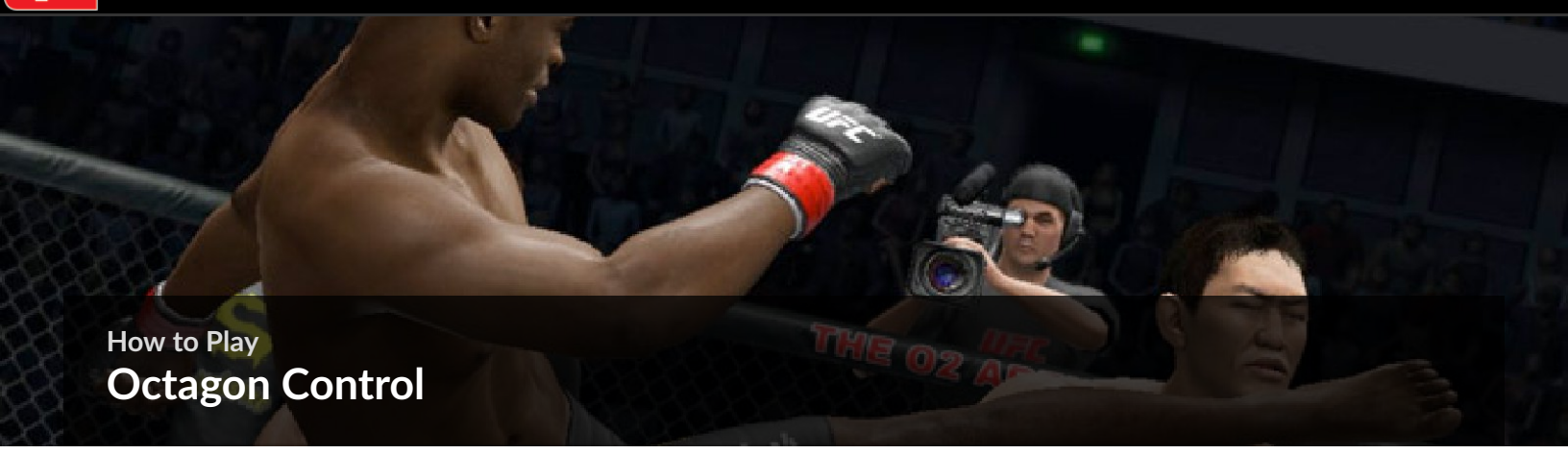
Reversal submissions are generally available when the opponent tries to throw you from the clinch, or when he's attempting to escape from the bottom of a ground position.

Reversal Submissions" section so that it reads: "See the "Positions & Moves" chapter to discover which positions allow for reversal submissions.

ULTIMATE STRATEGY: SUBMISSIONS

Let's review the key aspects of the submission game:

- Not every fighter knows submissions in every position. Check the in-game Action List to see what subs your fighter knows in each position (if any).
- Most submissions are performed on the ground. Attain dominant top positions to increase your odds of forcing the tap.
- Submissions can always be blocked. Make good use of this advantage when facing a formidable submission fighter.
- Once the submission battle begins, the fighter who has the advantage (based on position, ability and skill ratings, and current Stamina) will have an easier time of either forcing the tap or escaping.
- If the defending fighter had the advantage going into the submission, he will dramatically improve his position if he manages to escape.
- If your fighter is able, use submission switching to extend sub attempts and give him more time to secure the tap.
- Demoralize your rival by using powerful reversal submissions immediately after your foe tries to throw you from the clinch, or whenever your opponent attempts to escape from the bottom of a ground position.



How to Play

Octagon Control

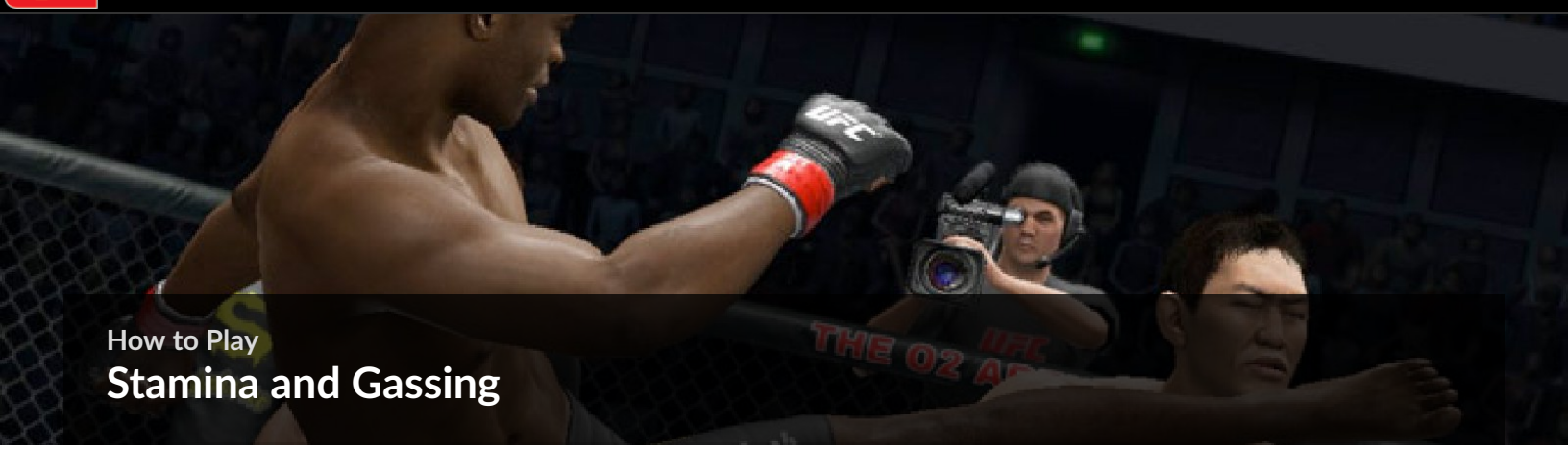
Being aggressive and controlling the Octagon is important, because it helps you win favor with the judges and can lead to advantageous cage positions. Wise strikers pay close attention to how their opponents move, such as the direction they like to circle, or whether or not they have a tendency to back straight up.

Once you've acquired a feel for your rival's habits, use footwork and sharp striking to steadily pressure them back them against the fence.

Once the opponent's back is near the cage, initiate a clinch to transition into an advantageous cage position. You can also simply shove an opponent against the cage by pushing them toward it in the clinch.

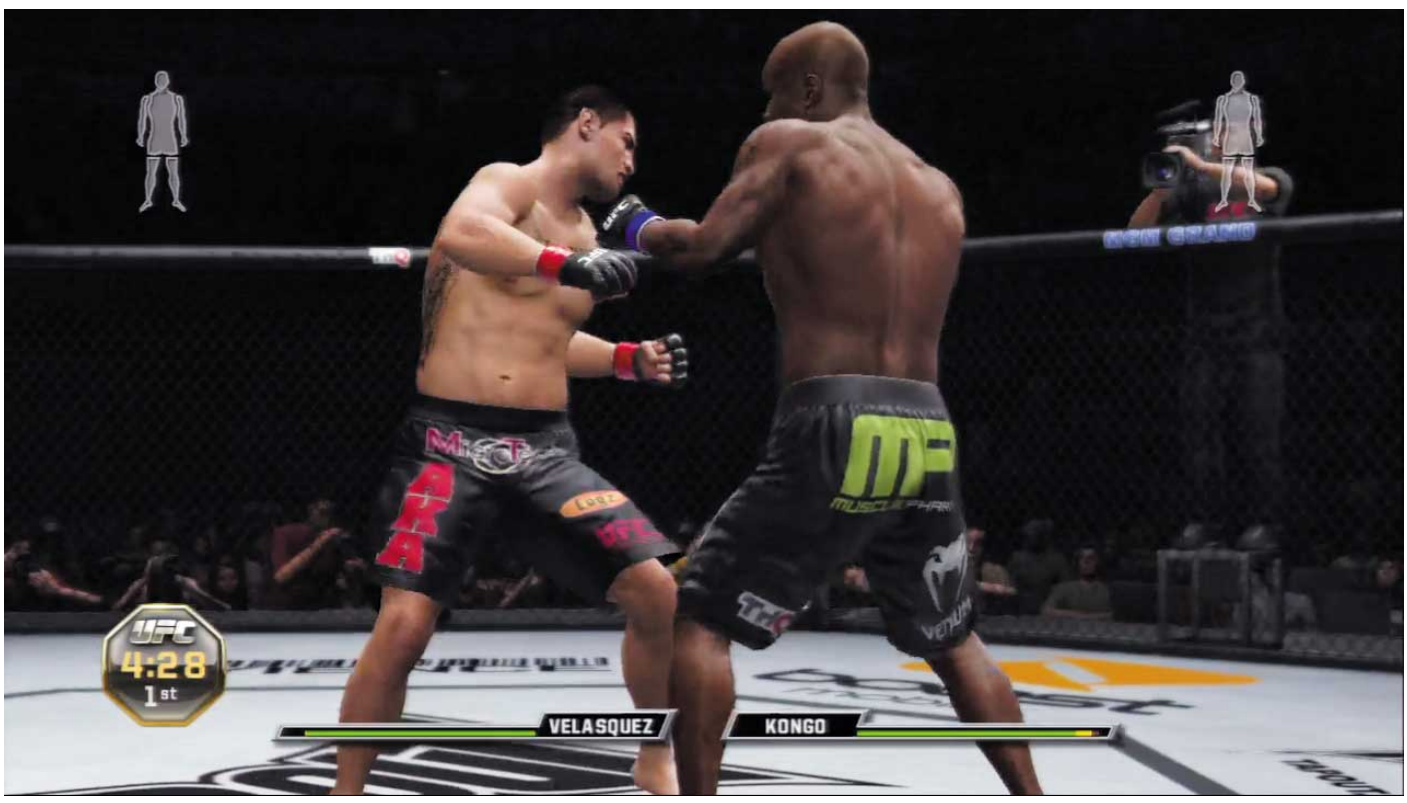
Your strikes and takedown attempts are significantly more powerful while holding the opponent against the cage because their mobility is greatly restricted. Escaping from the cage is difficult, so use this position to your benefit.

Shooting for a takedown while the opponent is near the cage can also land you in a cage takedown position. Takedowns are easier to complete from these advantageous grappling positions, in which the opponent is pressed against the fence.



How to Play

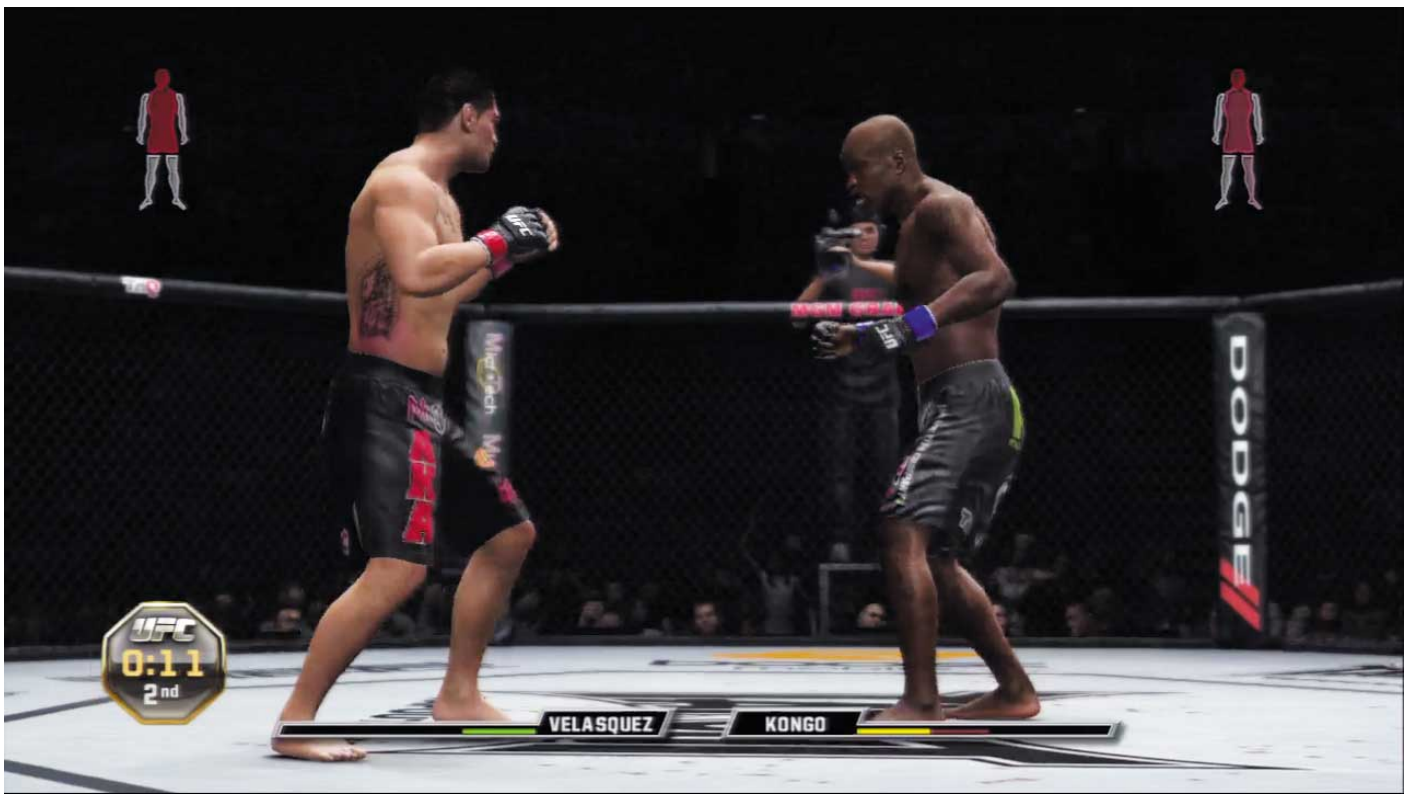
Stamina and Gassing



Every action you perform inside the Octagon costs Stamina. The more rapidly you act, the faster your Stamina depletes, and the sooner you'll become "gassed"—an exhausted state in which your fighter is unable to effectively attack or defend.

Note

By default, the onscreen Stamina meters are not displayed while fighting. If you like, turn them on by visiting the Game Options menu and setting "Fighter HUD" to "On."



Once gassed, a fighter's movement and striking speed are dramatically reduced, making him a sitting duck on the feet and vulnerable to lethal counters. In addition, all attribute and skill scores are significantly reduced while gassed, resulting in a significant overall disadvantage.

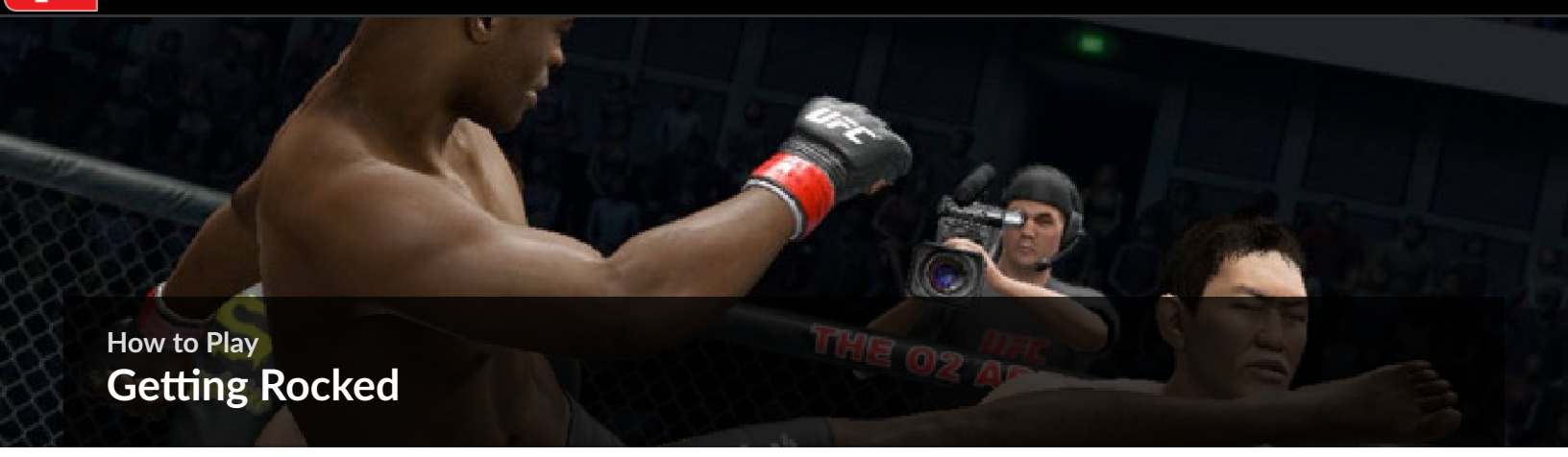
Stamina recovers over time, so it's best to attack in short, measured bursts of offense. Get in, get off, and then get back out and catch your breath. Favor energy-efficient quick strikes to increase your punching volume without gassing so fast.

Don't hesitate to back off and play defense if you're becoming fatigued—you recover Stamina quickly when you're not attacking.

Try to conserve your Stamina for times when you really need it—like after you've worn down or rocked your rival!

Note

A fighter's Stamina is measured by the Cardio attribute. If you like to go "full auto" on offense, go with fighters who have high Cardio!



How to Play

Getting Rocked

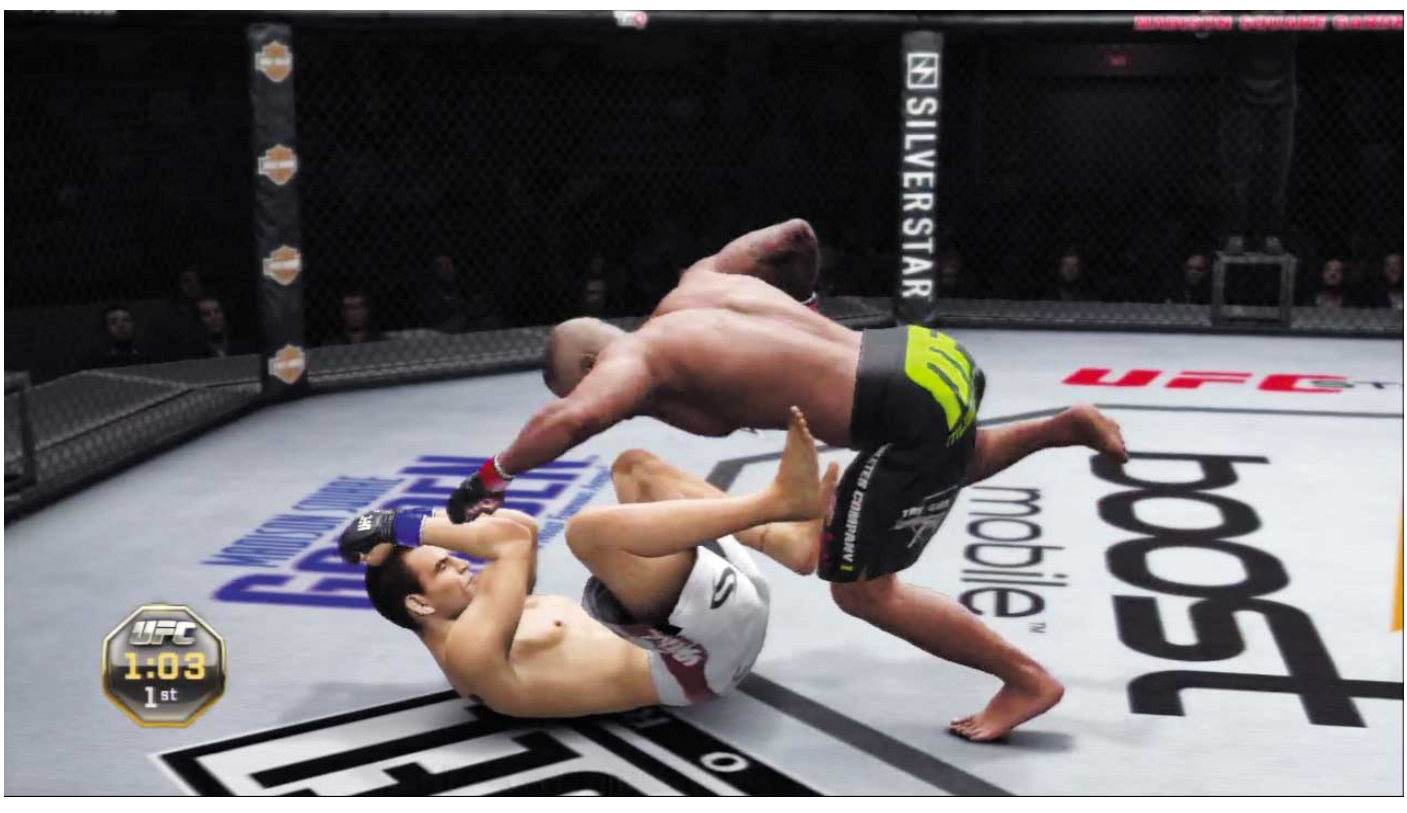
Connecting with repeated strikes or a sudden counter can rock your opponent, causing him to enter the “rocked” state.

Once rocked, a fighter must find a way to buy some time and clear his head—if he’s still standing, this can be accomplished by blocking, clinching, or scoring a takedown.

If additional strikes are landed against a rocked opponent, the referee may be forced to step in and stop the fight, resulting in a TKO.

Note

A fighter can be rocked by any strike, including quick strikes, body shots, and even leg kicks. Strikes to the head are more likely to rock the opponent, however, and only strong strikes can accomplish instant KOs!



Rocked fighters may end up in one of many different positions. Most often, they’ll drop to the mat, their mind in a haze of pain.

Quickly finish the fight by tilting the Movement stick toward the fallen opponent to close in, then perform repeated strikes to entice the ref to step in.

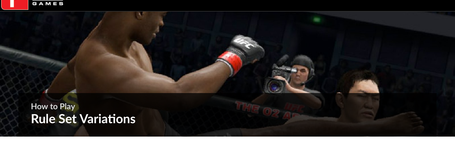
Or take the opportunity to easily transition to a more dominant position, or to lock in a submission that should be short work to finish.

In some cases, the rocked fighter may still maintain his footing. Be more tactical in your approach here, and don’t go hunting for the finish. Instead, simply take the opportunity to score more points with the judges, remaining wary of your rival’s attempts to clinch or take you down.

For example, if the opponent is simply protecting the head, rip off a punishing string of strong strikes to the undefended body or legs.

Tip

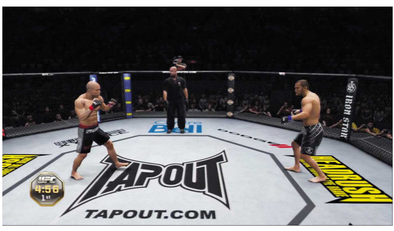
You’re less likely to get rocked when you’re tactical with your offense and attack in short, measured bursts. Fighters with high Cardio attribute scores are also less likely to get rocked.



How to Play
Rule Set Variations

UFC Undisputed 3 allows fights to be waged under two different rule sets: UFC rules or PRIDE rules. Knowing the key differences between these two rule sets gives you an advantage, so let's review.

Venues

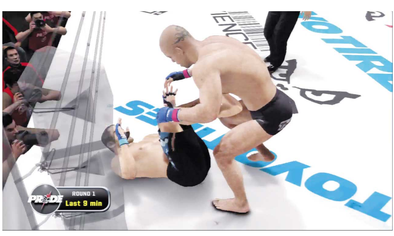


In the UFC, all fights are held inside the world-renowned Octagon—the ultimate proving ground for fighters. Once the cage door closes, there's no escape. Someone's going home a winner, and someone's going to taste defeat!

In PRIDE, all fights are held within a traditional square boxing ring. The PRIDE ring is smaller than the Octagon, making it easier to become trapped against the ropes or in a corner.

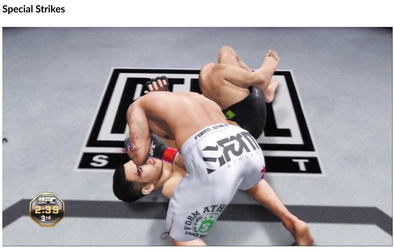
Circle around your foe instead of backing straight up when fighting in PRIDE, and don't let them use the ring to their advantage.

Rounds



In the UFC, all fights consist of either three five-minute rounds or five five-minute rounds (in the case of title fights and main events). In PRIDE, all fights begin with a ten-minute round, followed by subsequent five-minute rounds.

Special Strikes



Elbow strikes can be utilized against opponents in the UFC, but not in PRIDE. This makes it easier to score TKO victories by severely cutting opponents in the UFC, especially on the ground. A win's a win, so when you see blood in the UFC, be sure to target that wound with elbows!

On the other hand, kicks, stomps, and knees can (and should) be thrown to the head of grounded opponents in PRIDE, but not in the UFC.

This makes ground positions such as Side Control and North/South far more dangerous to the bottom fighter and grants a distinct striking advantage to top-position specialists when fighting in PRIDE.

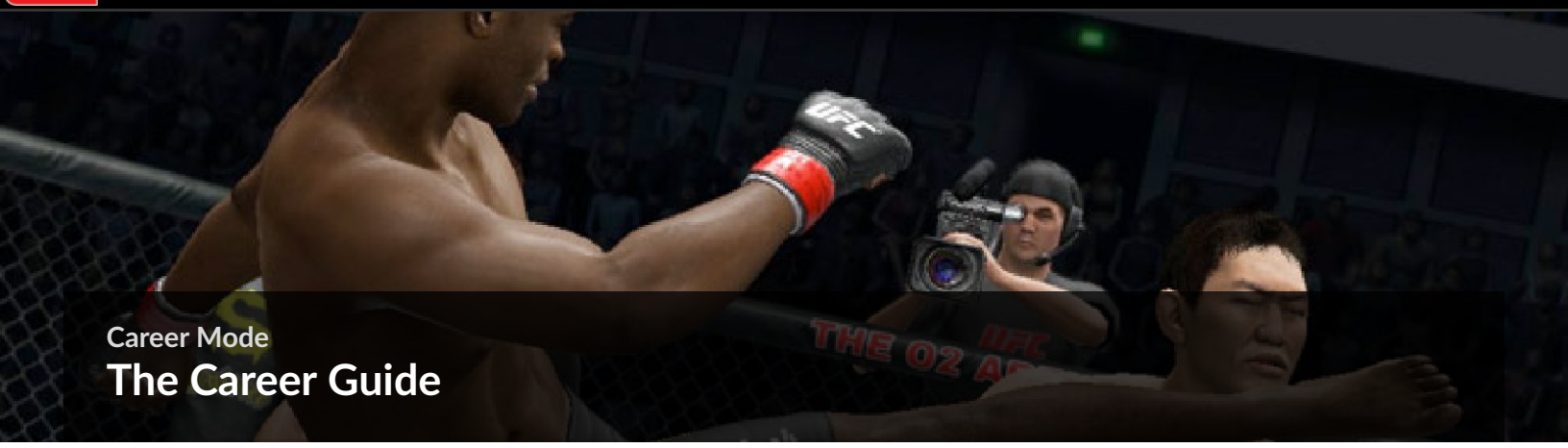
Judging Criteria

When scoring rounds, UFC judges weigh factors like Octagon control and efforts to finish the fight heavily—this favors grapplers who are able to maintain dominant positions, even while inflicting minimal damage.

UFC judges must also pick a winner for each round, so it's possible to lose a fight if you dominate in one round but narrowly lose the other two.

Conversely, PRIDE judges favor factors such as aggression and damage. Maintaining dominant ground positions doesn't mean much if no meaningful strikes or submissions are being attempted.

In PRIDE, the fighter who attacks more and suffers less damage from strikes is likely to be the winner of a close decision. It's entirely possible to steal a victory by coming on strong with strikes and subs at the end of a tight PRIDE fight.



Career Mode

The Career Guide

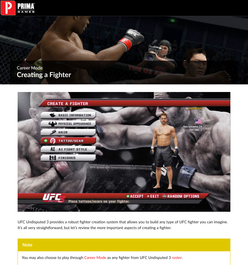
Ready to take the ultimate journey through the world of MMA? Career Mode lets you create, train, and fight with your own custom UFC warriors, steering them in their career toward ultimate glory!

Here we explore all aspects of Career Mode, supplying tips and information that'll help you create the ultimate fighter—no matter what style of fighting you prefer.

The first time you play Career Mode, you're treated to informative overviews provided by none other than the UFC's renowned cage-side announcer, Mike Goldberg.

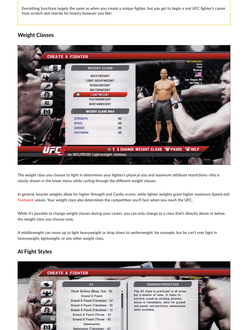
Mike's been around the sport a long time, so pay heed to his insightful words.

Press the Start button to skip past Goldberg's overviews and jump straight into managing your fighter's career if you're in a hurry.



Career Mode

Creating a Fighter



UFC Undisputed 3 provides a robust fighter creation system that allows you to build any type of UFC fighter you can imagine. It's all very straightforward, but let's review the more important aspects of creating a fighter.

Note

You may also choose to play through Career Mode as any fighter from UFC Undisputed 3 roster.

Everything functions largely the same as when you create a unique fighter, but you get to begin a real UFC fighter's career from scratch and rewrite his history however you like!

Weight Classes

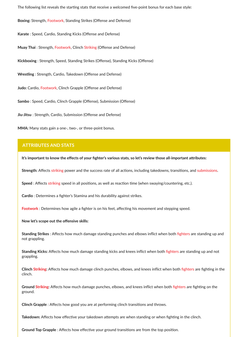
The weight class you choose to fight in determines your fighter's physical size and maximum attribute restrictions—this is clearly shown in the lower menu while cycling through the different weight classes.

In general, heavier weights allow for higher Strength and Cardio scores, while lighter weights grant higher maximum Speed and Footwork values. Your weight class also determines the competition you'll face when you reach the UFC.

While it's possible to change weight classes during your career, you can only change to a class that's directly above or below the weight class you choose now.

A middleweight can move up to light heavyweight or drop down to welterweight, for example, but he can't ever fight in heavyweight, lightweight, or any other weight class.

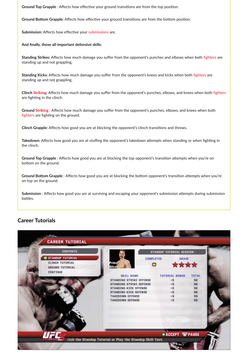
AI Fight Styles



This option dictates the manner in which your fighter behaves when the computer controls him during a fight. Don't worry if you aren't sure which AI fight style to choose—you can change this setting at any time during your career.

This decision really only matters if you plan to simulate your fighter's career—it doesn't factor in when you control your fighter directly during his career fights.

Base Styles



Selecting your fighter's base style is the most important decision you'll make during the creation process, because a fighter's base style determines his initial attributes and skill scores, along with his three starting technique moves.

In addition, the base style you choose will affect how easy or difficult it will be for your fighter to master different technique moves over the course of his career.

Tip

If you're not certain which base style to choose, try starting out with either boxing or wrestling. Both have straightforward tactics. NO the opponent with punches, either while standing up or from the top position on the ground.

The following list reveals the starting stats that receive a welcomed five-point bonus for each base style:

Boxing: Strength, Footwork, Standing Strikes (Offense and Defense)

Karate: Speed, Cardio, Standing Kicks (Offense and Defense)

Muay Thai: Strength, Footwork, Clinch Striking (Offense and Defense)

Kickboxing: Strength, Speed, Standing Strikes (Offense), Standing Kicks (Offense)

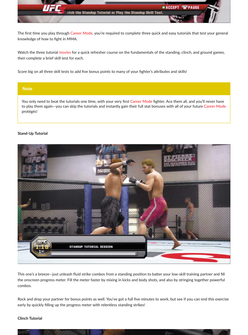
Wrestling: Strength, Cardio, Takedown (Offense and Defense)

Judo: Cardio, Footwork, Clinch Grapple (Offense and Defense)

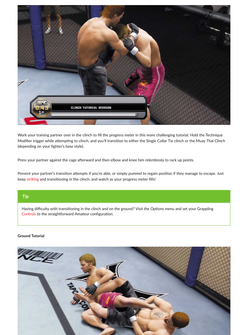
Sambo: Speed, Cardio, Clinch Grapple (Offense), Submission (Offense)

Jiu-Jitsu: Strength, Cardio, Submission (Offense and Defense)

MMA: Many stats gain a one-, two-, or three-point bonus.



Career Tutorials



The first time you play through Career Mode, you're required to complete three quick and easy tutorials that test your general knowledge of how to fight in MMA.

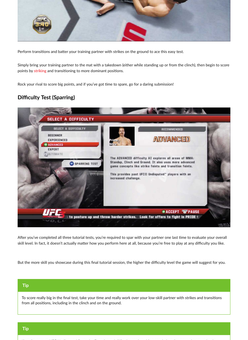
Watch the three tutorial movies for a quick refresher course on the fundamentals of the standing, clinch, and ground games, then complete a brief skill test for each.

Score big on all three skill tests to add five bonus points to many of your fighter's attributes and skills!

Note

You only need to beat the tutorials one time, with your very first Career Mode fighter. Ace them all, and you'll never have to play them again—you can skip the tutorials and instantly gain their full stat bonuses with all of your future Career Mode protégés!

Stand-Up Tutorial



This unit's a breeze—just unleash fluid strike combos from a standing position to batter your low-skill training partner and fill the onscreen progress meter. Fill the meter faster by mixing in kicks and body shots, and also by stringing together powerful combos.

Rock and drop your partner for bonus points as well. You've got a full five minutes to work, but see if you can end this exercise early by quickly filling up the progress meter with relentless standing strikes!

Clinch Tutorial

Work your training partner over in the clinch to fill the progress meter in this more challenging tutorial. Hold the Technique Modifier trigger while attempting to clinch, and you'll transition to either the Single Collar Tie clinch or the Muay Thai Clinch (depending on your fighter's base style).

Press your partner against the cage afterward and then elbow and knee him relentlessly to rack up points.

Prevent your partner's transition attempts if you're able, or simply pummel to regain position if they manage to escape. Just keep striking and transitioning in the clinch, and watch as your progress meter fills!

Tip

Having difficulty with transitioning in the clinch and on the ground? Visit the Options menu and set your Grappling Controls to the straightforward Amateur configurations.

Ground Tutorial

Perform transitions and batter your training partner with strikes on the ground to ace this easy test.

Simply bring your training partner to the mat with a takedown (either while standing up or from the clinch), then begin to score points by striking and transitioning to more dominant positions.

Rack your mat to score big points, and if you've got time to spare, go for a during submission!

Difficulty Test (Sparring)

After you've completed all three tutorial tests, you're required to spar with your partner one last time to evaluate your overall skill level. In fact, it doesn't actually matter how you perform here at all, because you're free to play at any difficulty you like.

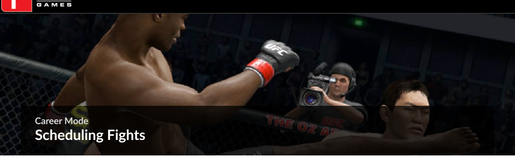
But the more skill you showcase during this final tutorial session, the higher the difficulty level the game will suggest for you.

Tip

To score really big in the final test, take your time and really work over your low skill partner with strikes and transitions from all positions, including in the clinch and on the ground.

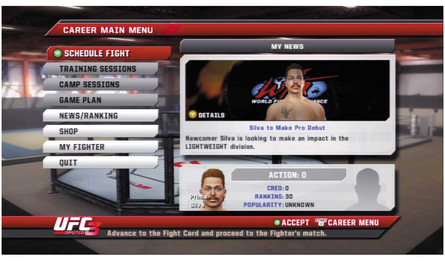
Tip

If you're new to UFC Undisputed 3, try the Experienced difficulty setting—it's a good place for most players to begin.



Career Mode

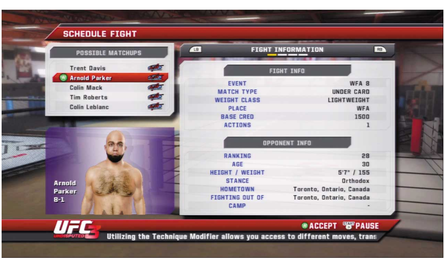
Scheduling Fights



You've got to start somewhere, and all Career Mode fighters begin in a low-tier MMA organization known as the World Fighting Alliance (WFA).

Here you'll work on developing your skills as you take on other hungry up-and-comers who are also looking to make a name for themselves in the sport. The first thing you'll need to do is schedule a fight.

Opponent Selection



After choosing to schedule a fight, you're shown a list of available opponents. Scroll through their names to view their information on the right. Use the triggers to scroll through the following panels of info:

Fight Information: Here you see the Cred you'll earn for taking the fight, along with the number of actions you'll get to perform during training before the fight occurs. (Read on for details!)

Stat Comparison: This important page reveals a complete statistical breakdown of you and your opponent. Use the triggers to cycle through sub-panels to view all the stats. Always study your opponent's strengths and weaknesses carefully when devising a strategy!

Last 3 Career Fights: This page shows you the method with which your opponent won his last three fights. This can give you clues as to his finishing style and ability, or insight into how you might exploit his defensive game.

Fighter Summary: This page examines your opponent's fights, providing a graphical chart that breaks down all of his finishes. The opponent's top three strengths are also conveniently listed at the bottom. Put this information to good use when developing your game plan!

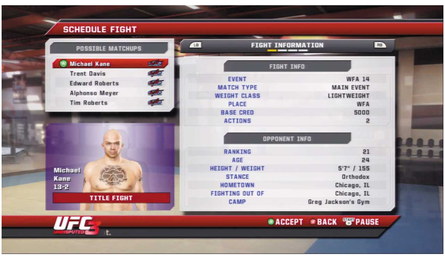
The Cred System

UFC Undisputed 3 features a unique system of currency called Cred. You earn Cred for participating in fights, and you spend your Cred to purchase training programs and shop items.

You need Cred in order to train and develop, so it's important to earn all the Cred you can. The more challenging the opponent, the more Cred you'll earn by taking him on!

> **Tip**
>
> Take fights that offer you the most cred to rocket up the rankings!

Special Circumstances



Many fight offers come with special circumstances that are noted by a banner appearing at the bottom of the opponent's portrait. (If no banner appears on the portrait, then the fight features no special circumstances.) Here are the potential fight circumstances you might see during your career:

Tune-Up Fights: These fights are considered to be easy wins for you, but they offer you significantly fewer Cred payouts. Take these when you're feeling in over your head in a division and just need a win to get you through to the next round of training sessions.

Fill-In Fights: You get substantially more Cred for accepting these short-notice fights, but the trade-off is that you may take only one pre-fight action before the fight occurs. Accept these fights when you're finding the competition to be lacking, or whenever you wish to pad your Cred.

#1 Contender Fights: To be the man, you've got to beat the man. Winning one of these high-profile fights guarantees you a title shot against the division's champion in your next bout!

Title Fights: Pat yourself on the back—you must be doing something right, because you're fighting either to win or to defend the championship belt! Leave it all in the cage and come out victorious to cement your legacy as one of the UFC's best.

UFC Scouted Fights: Take on one of these important fights to impress a UFC talent scout who'll be in attendance. Put on a show and you just might be offered a UFC contract sooner rather than later!

New Division Fights: Tired of facing the same competition in your current weight class? Why not fight in a whole new division!

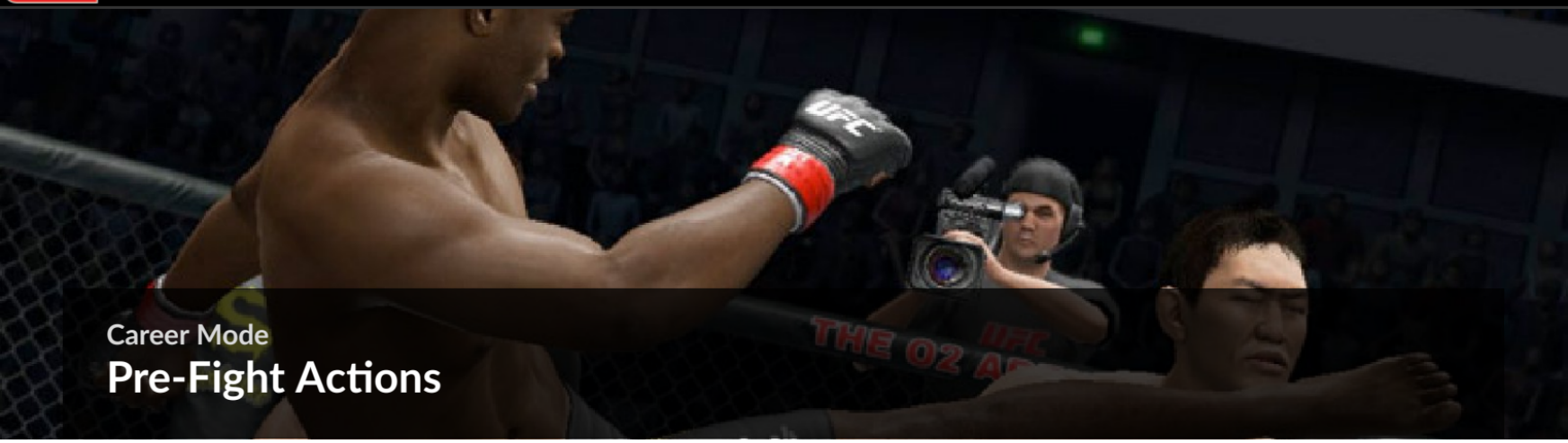
Accept fights in the weight class directly above or below the one you selected when creating your fighter, and you'll really impress your fans. This is a great way to earn bonus Cred through special honors such as magazine covers and Fighter of the Year awards!

PRIDE Grand Prix: Take the opportunity to accept rare fights in PRIDE, and you may be offered a chance to fight in a Grand Prix tournament. Win all three rounds of the tournament by defeating all three opponents you face to secure your place in history as a true champion of PRIDE!

Champion vs. Champion: It's the ultimate showdown: UFC champion vs. UFC champion! Win and defend the title until you're offered a chance to fight in a new division.

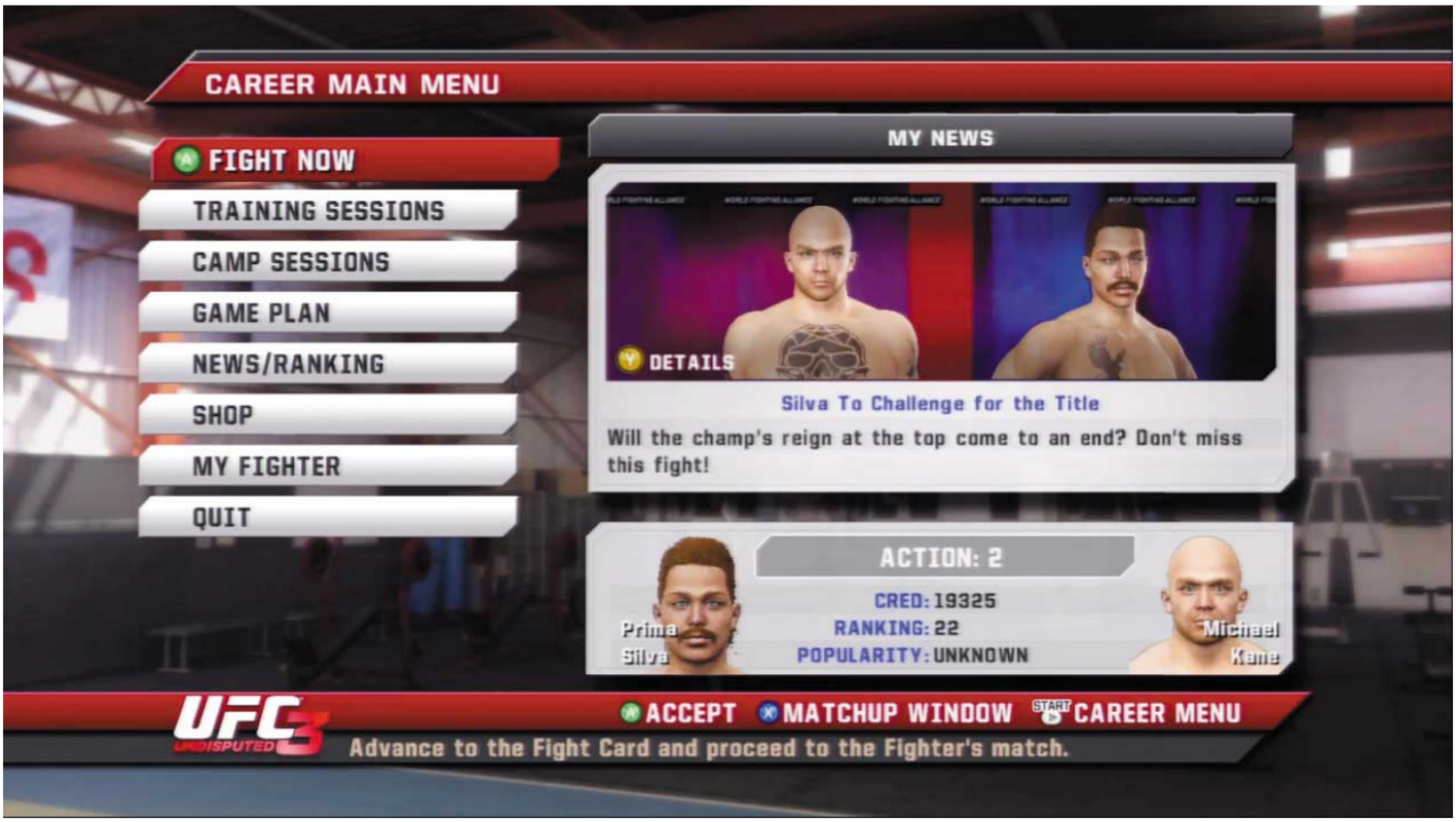
Rack up a few wins in that division without losing your current title, and you'll eventually be offered a fight against the other division's champion!

Win an epic Champion vs. Champion fight to ensure your legacy as a true legend of MMA and secure your place in the UFC Hall of Fame!



Career Mode

Pre-Fight Actions



Once you've chosen an opponent, a number of pre-fight actions present themselves: You can participate in training sessions or camp sessions, or you can devise and drill a special game plan.

You normally get to take two actions before each fight, unless you've accepted a short-notice Fill-In Fight—you have less time to prepare in that case, so you may take only one action prior to fight day.

Training Sessions

Training sessions are designed to increase your fighter's stats, making him more effective within his current range of abilities.

Use the top triggers to cycle through each exercise's potential benefits to your fighter's various attributes and skills. Even if you don't fare well in the training exercise, you'll always gain some valuable benefits from training!

Tip

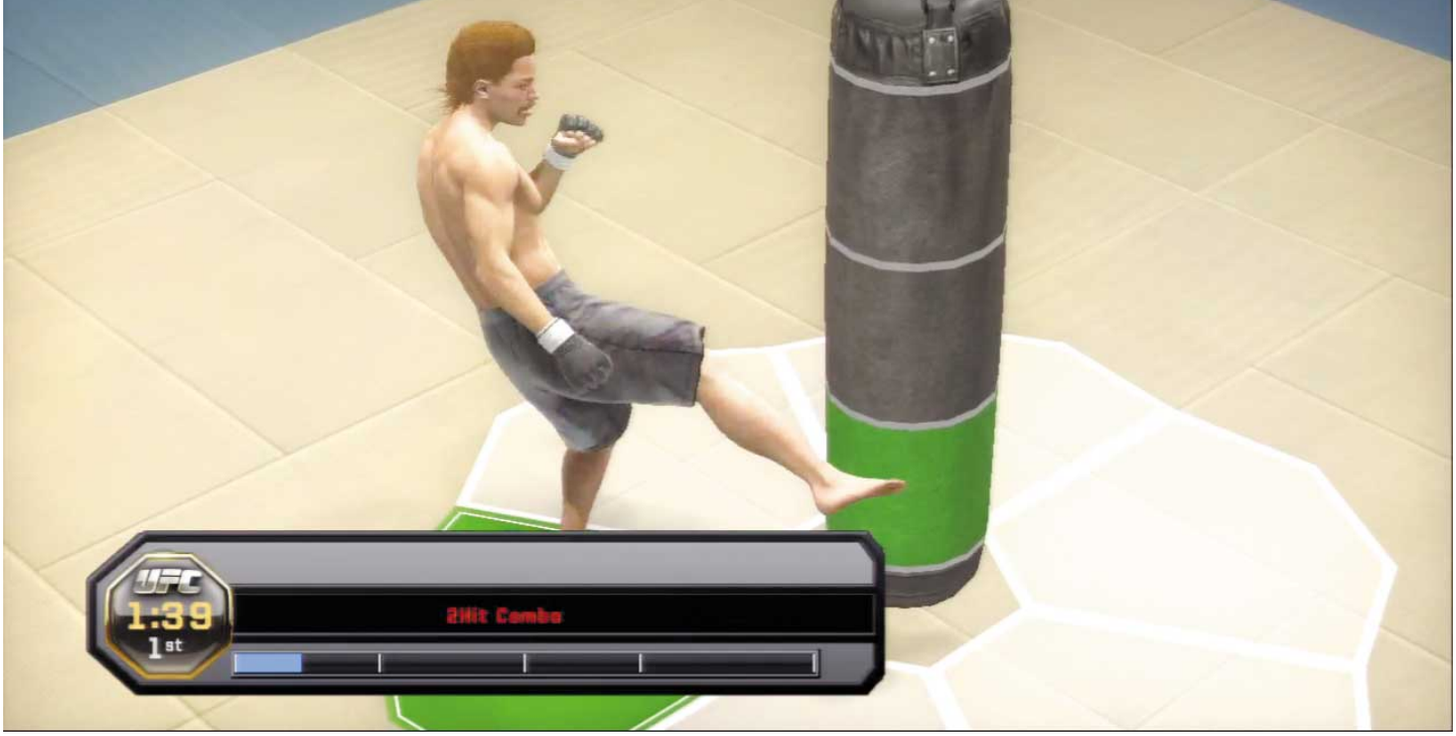
Train to build up skills that make your fighter more dominant in his base style at first. Then consider increasing other attributes and skills to add more depth to his game!

Caution

If you train twice before a fight, don't perform the same exercise twice in a row—you'll suffer diminishing returns. Always select two different training sessions to maximize your gains!

Heavy Bag Drill

Challenge Level: Easy



Working the heavy bag is a great way to increase your fighter's Speed, Footwork, and Standing Strikes abilities. Ensure that you're standing in the green floor zone as you throw punches and kicks to the green scoring zone of the heavy bag.

Don't strike from the wrong floor zone or hit the wrong area of the bag, or you'll be penalized and lose some points. Be ready to move when you see the floor zone flash, and keep those combos coming to really score big!

Tip

Combo between strong strikes and technique strikes to quickly boost your score!

Primary gains:

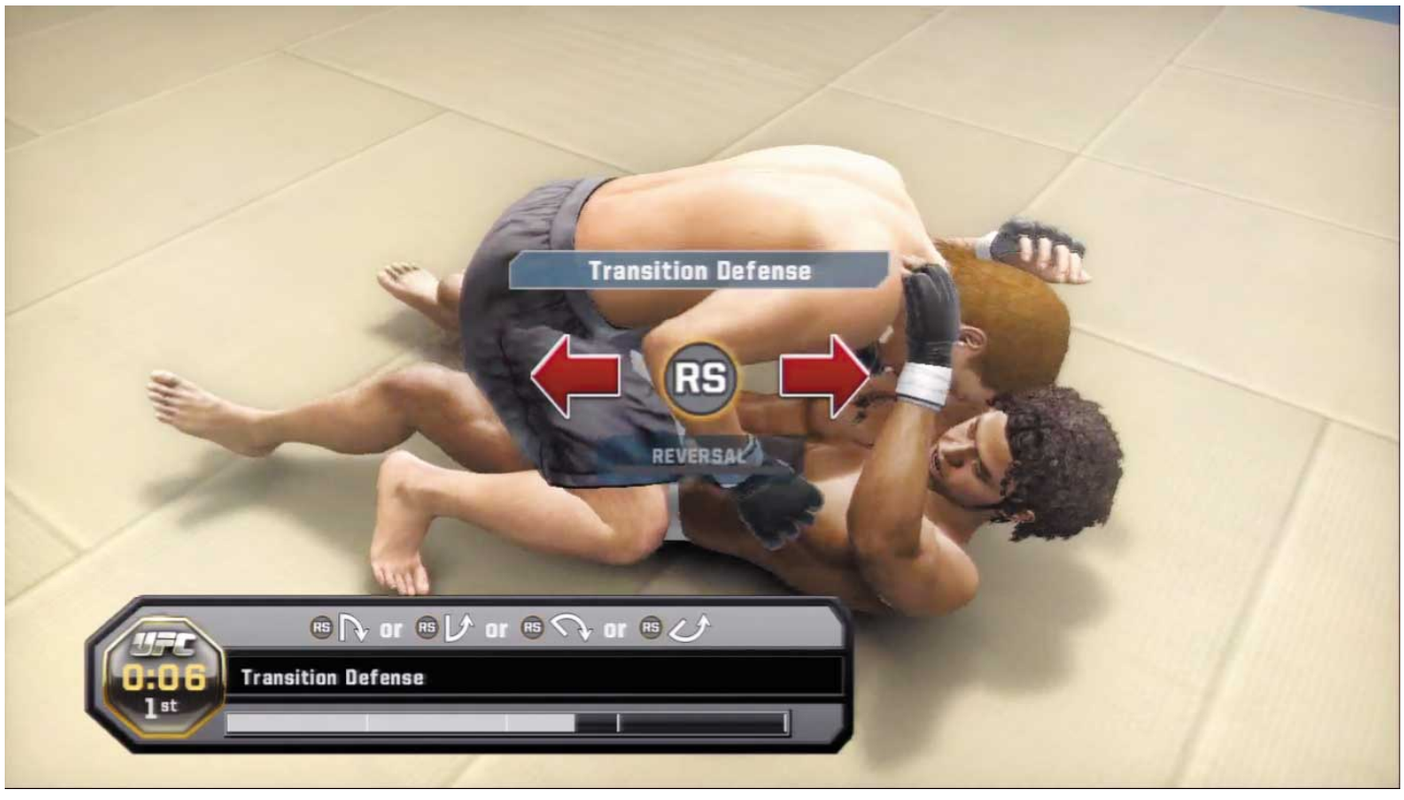
- Speed
- Footwork
- Standing Strikes, Offense and Defense
- Standing Kicks, Offense and Defense

Transition Drill

Challenge Level: Medium

Your task in this training session is to reach the indicated ground position as quickly as possible. Glance at the progress bar to see which position you're meant to reach, then go for it—transition toward that position as quickly as possible!

Note that you must use the Pro Grappling Controls for this exercise, regardless of your current configuration—take advantage of this and transition in the proper direction to quickly move to the desired position.



After you succeed in attaining several dominant positions, your partner will attempt to regain guard. Be prepared for this each time you reach the target position, and prevent his attempts from succeeding by blocking them the moment that the onscreen prompt appears.

Do this quickly enough and you'll gain some bonus points—fail and your rhythm will be ruined, causing a penalty!

Primary gains:

- Cardio
- Strength
- Ground Top Grapple, Offense and Defense
- Ground Bottom Grapple, Offense and Defense

Tip

Perform minor transitions to reach Side Control and major transitions to reach every other position as fast as possible.

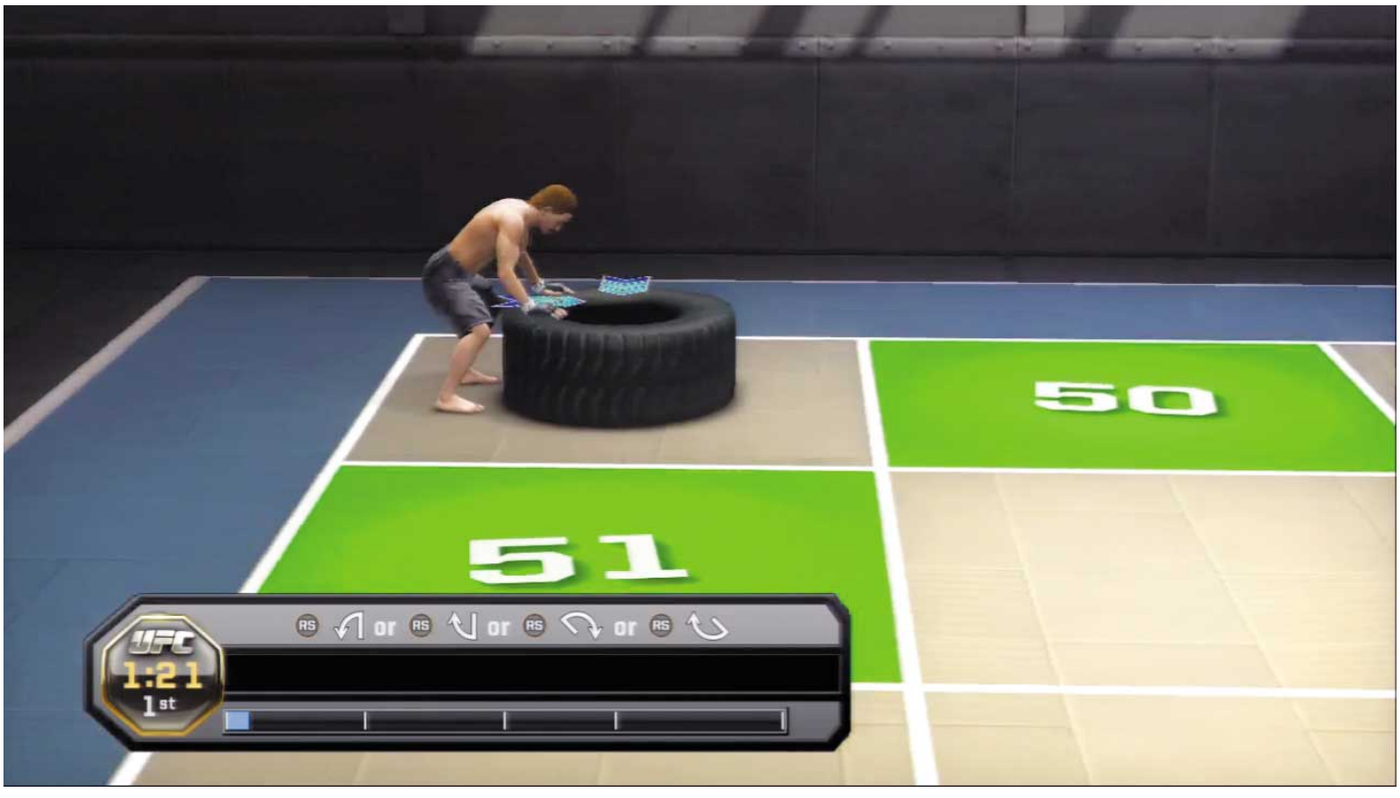
Tip

When attempting to reach Mount or Mount Clinch, you can do so from Half Guard—notice which of your legs is trapped by the opponent and pass his guard in that direction to move directly into Mount Clinch!

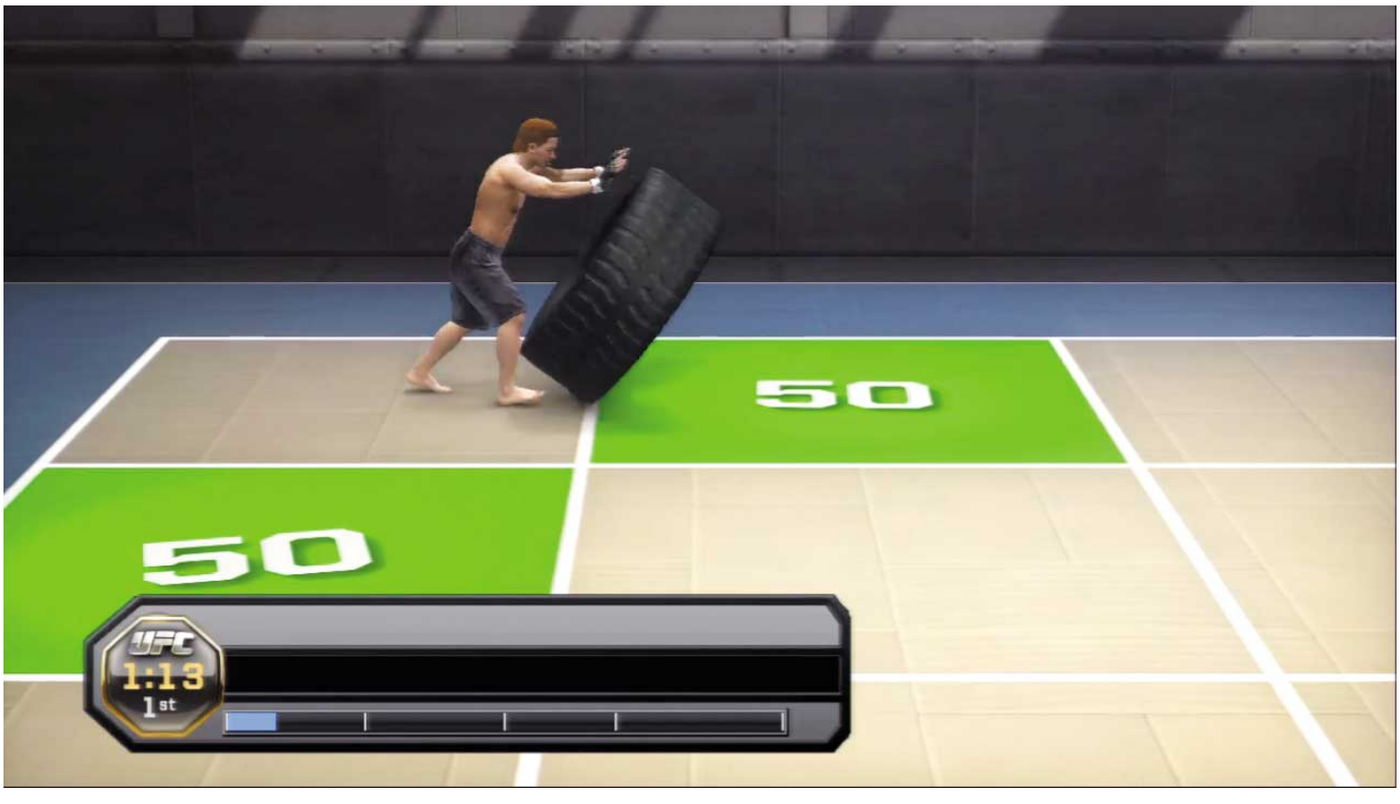
Tire Flip Drill

Challenge Level: Medium

This challenging exercise tests your mastery over takedowns and transitions. Note that you must use the Pro Grappling Controls for this drill—this allows you to transition to either the left or right, depending on the direction in which you wish to flip the tire.



First shoot in for a takedown against the tire—this causes your fighter to grab hold of it. Now manipulate the Clinch/Grapple stick to transition either left or right around the tire. Perform minor transitions to move 90 degrees around the tire, and major transitions to move 180 degrees.



After transitioning, you'll be prompted to rotate the Clinch/Grapple stick to complete the takedown and roll the tire over onto the score tile. These tiles quickly lose value over time, so don't waste time when transitioning and flipping the tire.

Grab on, get into position, and flip that tire over as fast as you can to maximize your score!

Primary gains:

- Strength

- Cardio

- Takedown, Offense and Defense

- Ground Top Grapple, Offense and Defense

Tip

Transitioning in the proper direction is paramount during this exercise. Stay focused, control your transitions, and think about which direction you need to move around the tire.

Focus Mitts Drill

Challenge Level: Hard

In this difficult striking challenge, you must perform a sway to avoid your trainer's inbound strike, then quickly press either the Right Punch or Left Punch button to respond with a sway strike!

First throw a punch to get your trainer to strike back at you, then simply hold the High Block trigger as you flick the Movement stick in any direction to sway and avoid your trainer's fist.

After swaying, quickly press either the Right Punch or Left Punch button (whichever you prefer) to counter with a sway strike and score some points!

Look out: Successfully landing a sway strike prompts your trainer to strike at you again! Keep the combo going by swaying again to dodge the blow, then quickly land a second sway strike.

Your trainer then strikes at you again—keep your rhythm as you perform one sway strike after the next in a steady sequence.

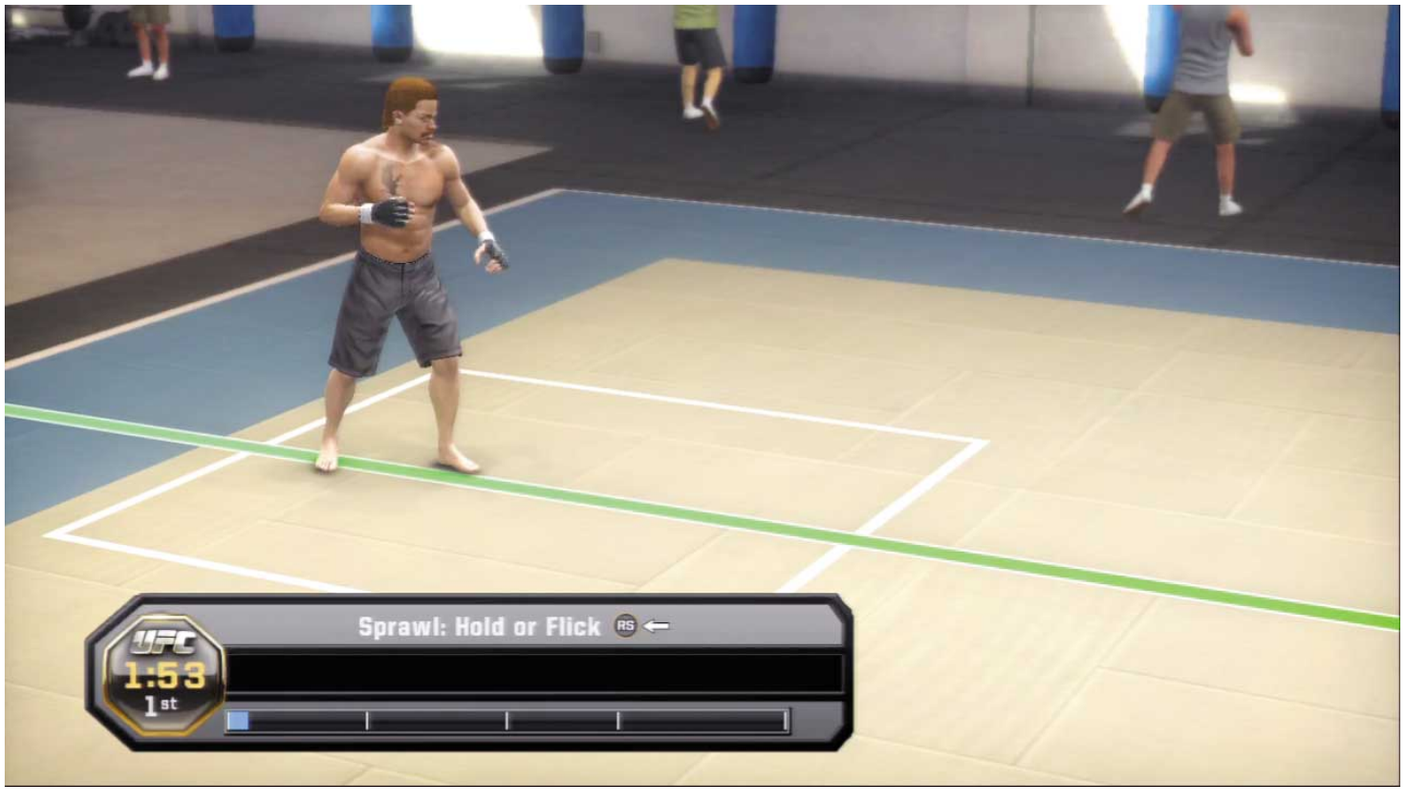
It isn't easy, but keep trying and you'll get the hang of it!

Primary gains:

- Speed
- Cardio
- Standing Strikes, Offense and Defense

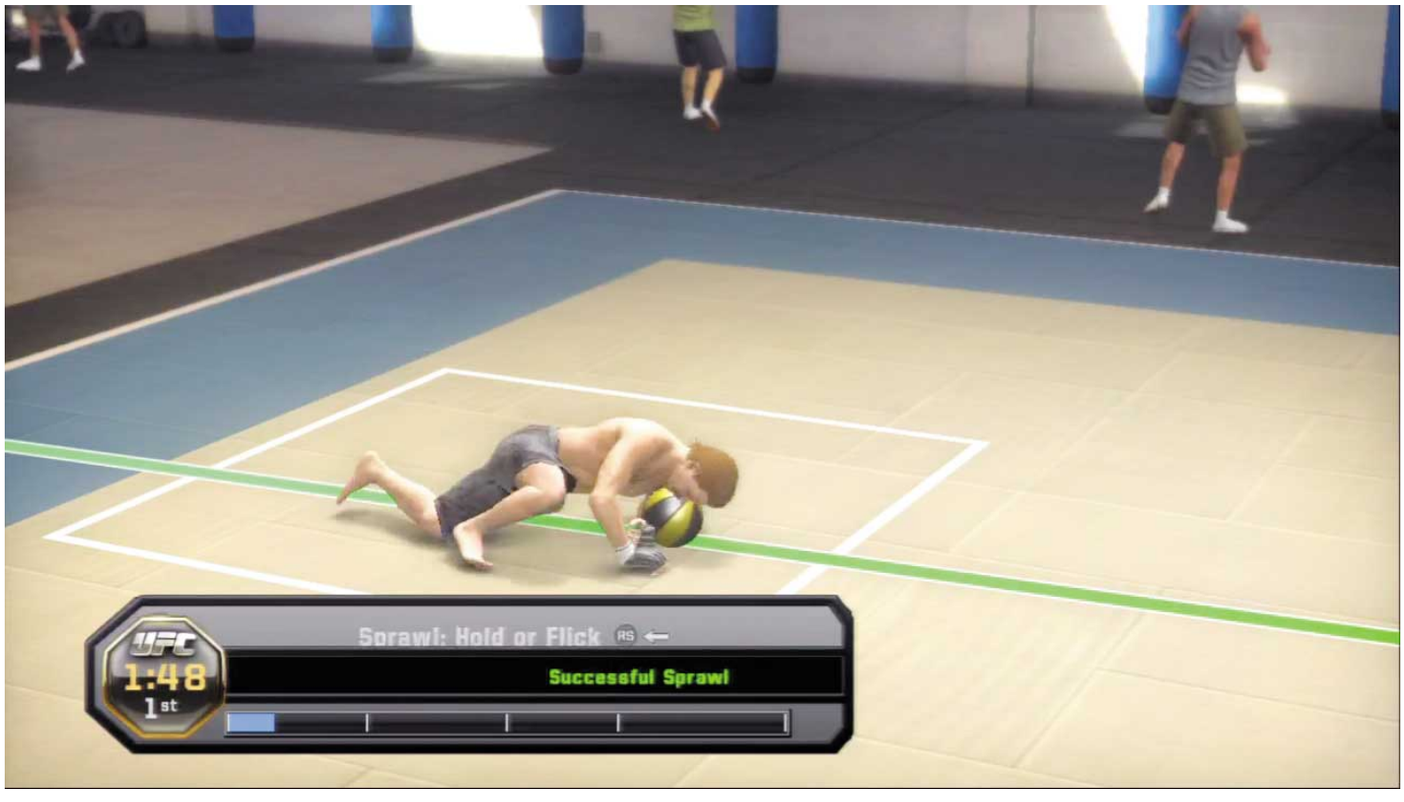
Takedown Defensive Drill

Challenge Level: Easy



This simple exercise will help you to stay on your feet and avoid the opponent's ground game. It also sharpens your kicking ability, making it an ideal drill for elusive strikers.

First, check and see whether there is a green circle on the floor beneath your fighter, or whether there is a green line on the floor instead.



If there's a circle, hold the Clinch/Grapple stick away from the inbound ball and press the Left Kick or Right Kick button as the ball bounds close to knee it out of your way.

On the other hand, if there's a green line on the floor, move onto the line and then simply hold the Clinch/Grapple stick away from the ball to sprawl against it when it eventually arrives.

Primary gains:

- Footwork

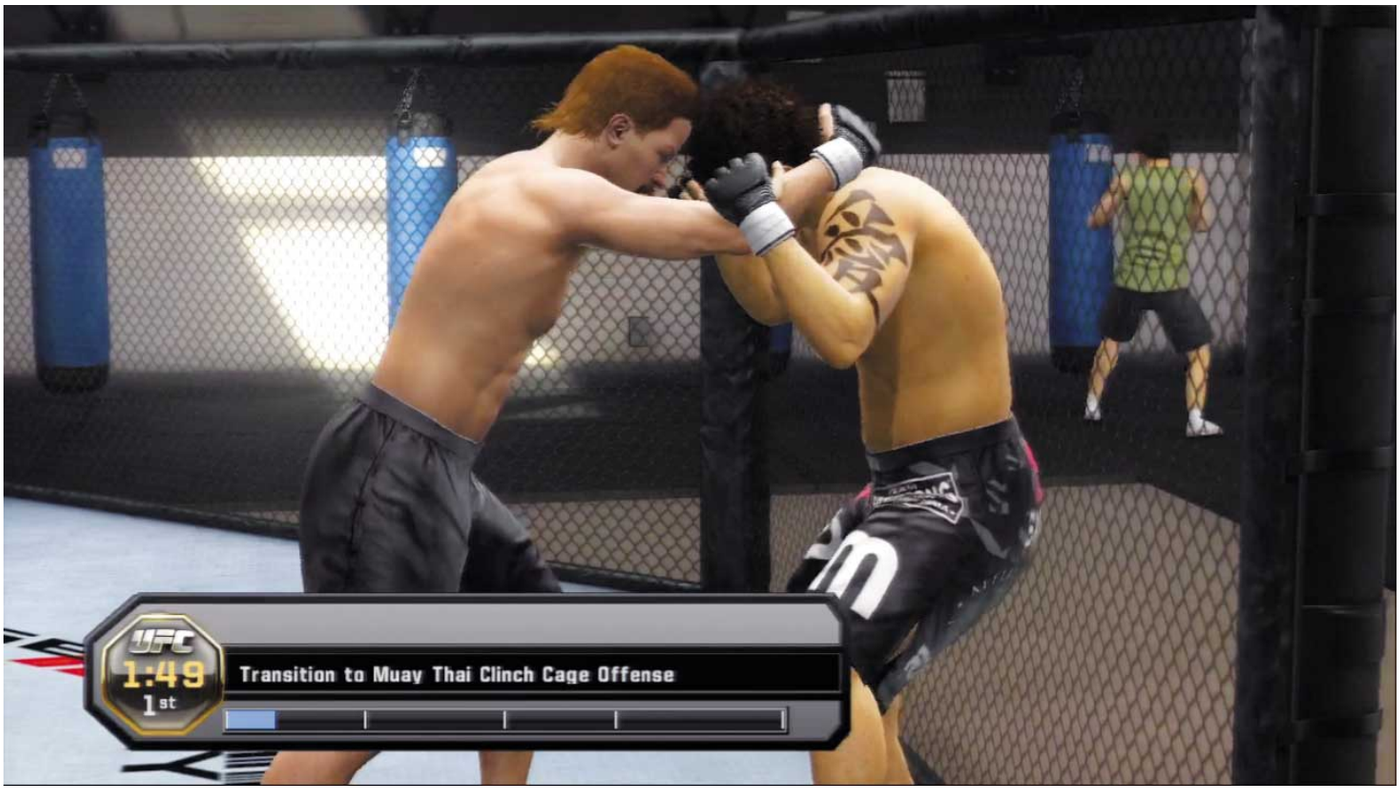
- Cardio

- Standing Kicks, Offense and Defense

- Takedown, Offense and Defense

Cage Control Drill

Challenge Level: Easy



Pay close attention to the instructions that appear near the progress meter in this unique drill, which sharpens your ability to dominate in the clinch. Simply perform each action precisely as instructed to complete the exercises and score points!

You only earn points when you complete a lesson, so work fast to complete each task and fill that progress meter ASAP.

Primary gains:

- Speed

- Footwork

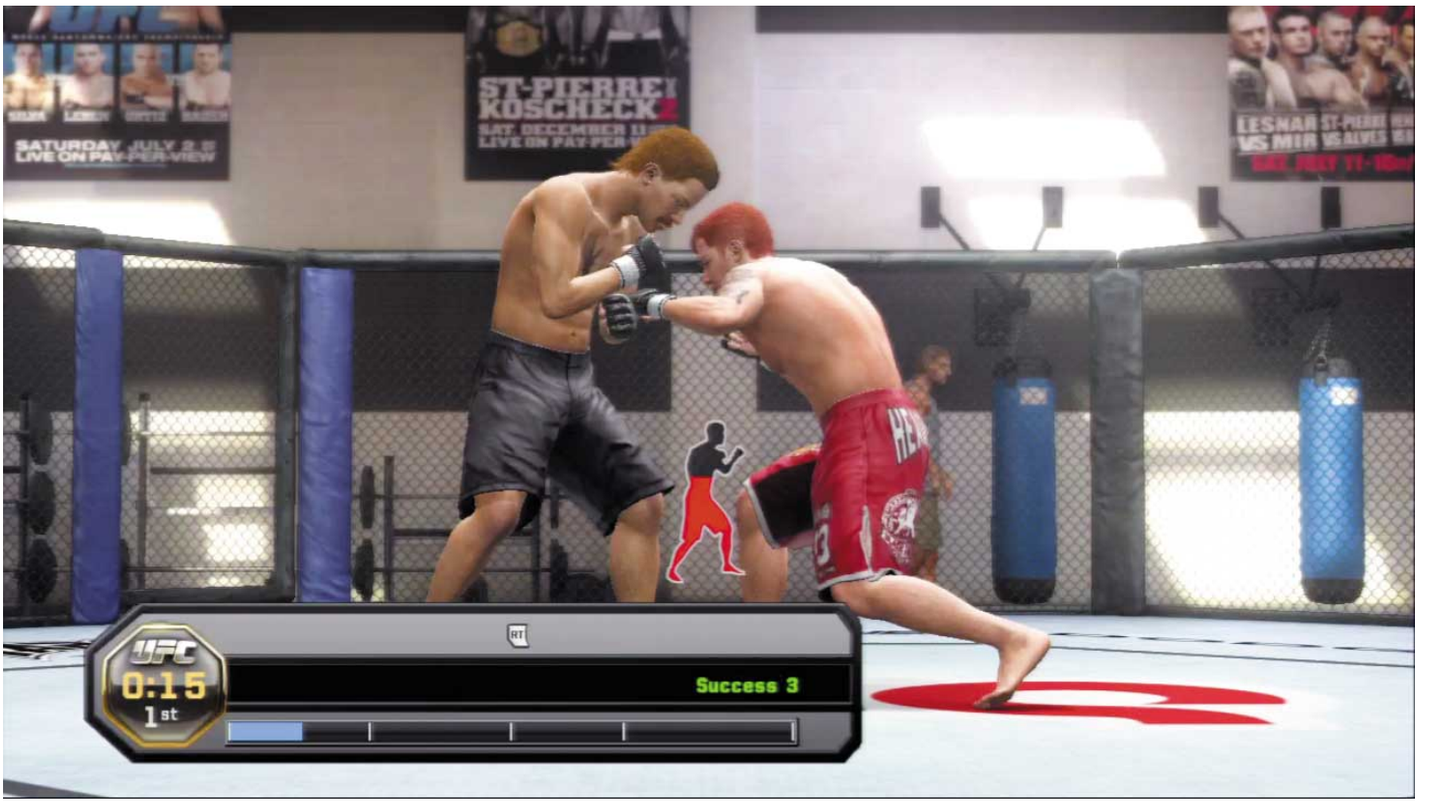
- Clinch Striking, Offense

- Clinch Grapple, Offense

- Takedown, Offense

Defense Drill

Challenge Level: Medium



Tired of getting rocked? This exercise is a great way to improve your resistance against strikes!

Your training partner throws strikes in a steady sequence—look at the onscreen fighter indicator and hold either the High Block or Low Block trigger, depending on which area of the indicator is colored red.

Just keep blocking your partner's strikes to build up points.

When the indicator turns blue, you have the option of quickly flicking the Clinch/Grapple stick to catch your partner's strike with a well-timed counter grapple! Flick the stick up when the top half of the fighter indicator is blue, and flick the stick down when the bottom half is blue.

Time your counter grapple correctly, and you'll deposit all of your current points into the progress meter!

Primary gains:

- Cardio
- Standing Strikes, Defense
- Standing Kicks, Defense
- Clinch Striking, Defense
- Ground Striking, Defense

Tip

You don't have to deposit your points into the progress meter with a counter grapple until you feel like doing so, but be sure to deposit your points before time runs out or you won't gain anything from them!

Stand-Up Sparring

Challenge Level: Easy

Regular sparring benefits every fighter, because it makes them all more dangerous on the feet, where every fight begins. Be precise when attacking your training partner in this exercise, because missing him costs you points.

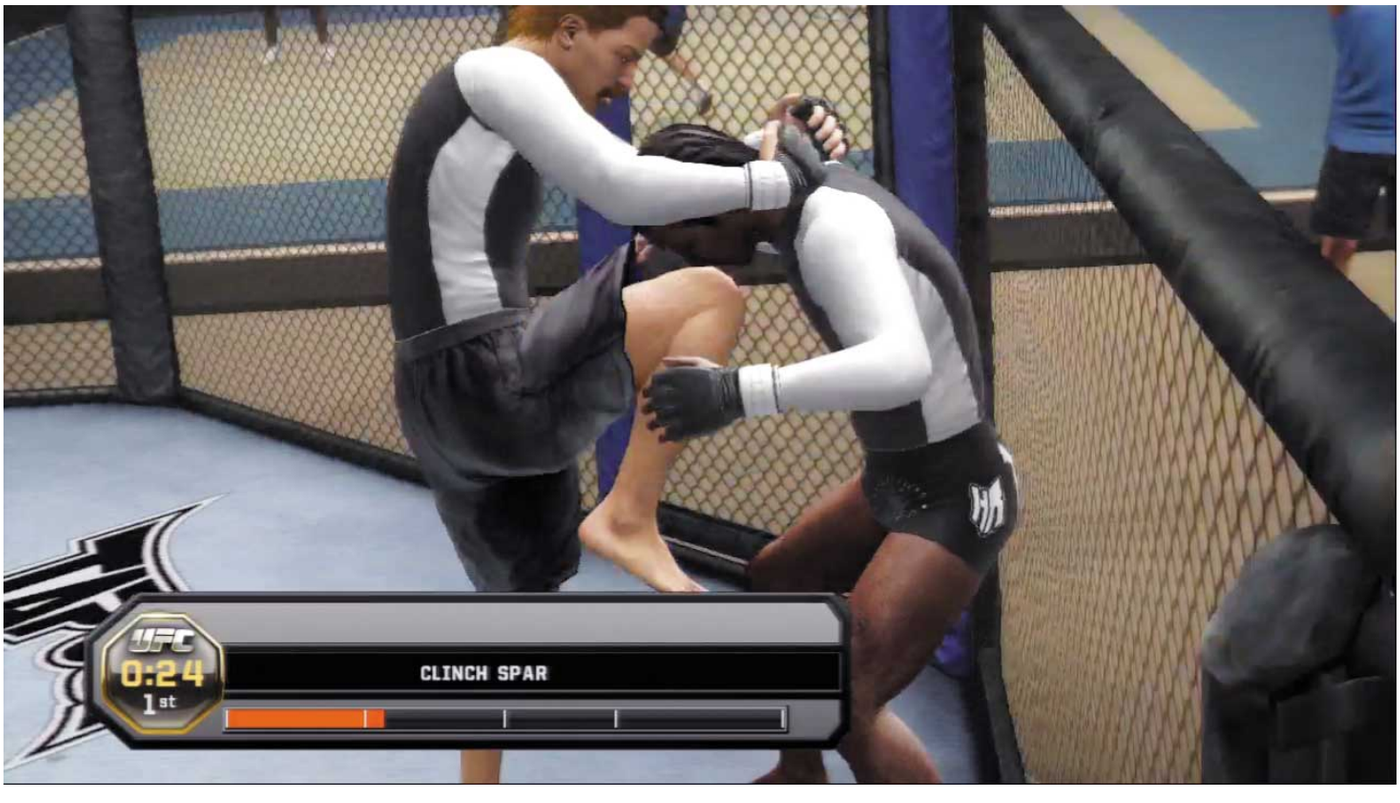
Don't let him hit you, either—switch between blocking his strikes and landing powerful blows of your own. Work the body, legs, and head equally to bypass your rival's defense and rack up points. Rock your partner to fill the progress bar in no time!

Primary gains:

- Strength
- Standing Strikes, Offense and Defense
- Standing Kicks, Offense and Defense

Clinch Sparring

Challenge Level: Medium



Outwork your training partner in the clinch to overcome this straightforward exercise. Each transition you perform and every strike you land scores you points.

Lock up in a Single Collar Tie clinch, then transition to the Muay Thai Clinch and unleash some brutal strikes to earn big points!

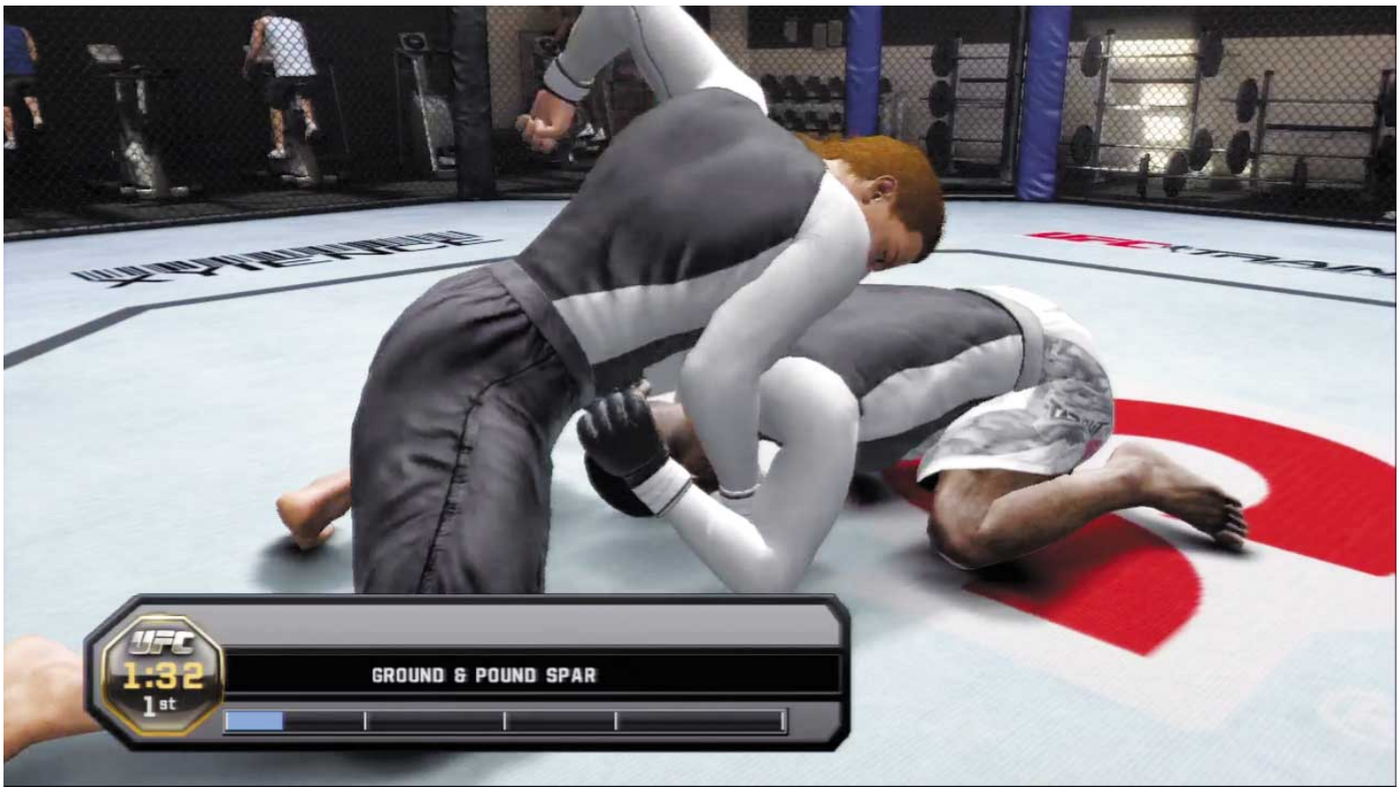
Clinch throws performed by transitioning from the Double Underhook clinch will also win you some points. Don't let your partner strike or transition against you, however, or you'll be penalized!

Primary gains:

- Cardio
- Clinch Striking, Offense and Defense
- Clinch Grapple, Offense and Defense
- Takedown, Offense and Defense

Ground and Pound Sparring

Challenge Level: Medium



This is by far the best way for ground-and-pounders to increase their bread and butter offensive skills.

Transition to Half Guard or Mount, then posture up into sub position and rain down punishing blows on your unfortunate training buddy.

Be sure to mix in plenty of strikes to the body, because bottom fighters commonly protect their head, and you don't earn points for strikes that your partner blocks.

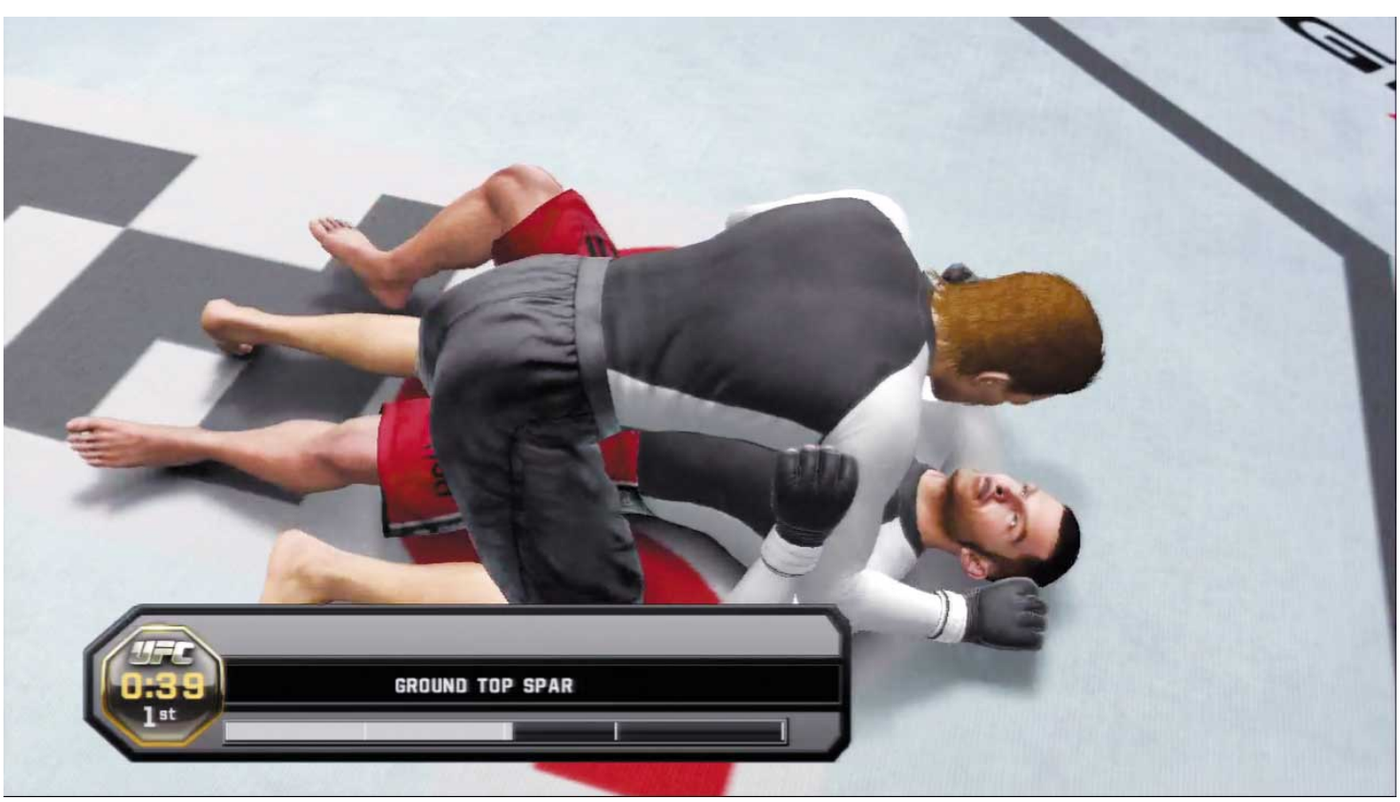
Land technique strikes from the top if you're able, such as hooks and elbows, and just keep hammering away to the body and head from either Half Guard or Mount.

Primary gains:

- Strength
- Ground Striking, Offense and Defense
- Takedown, Offense
- Ground Top Grapple, Offense and Defense

Ground Top Sparring

Challenge Level: Medium



This exercise is the submission grappler's version of Ground and Pound Sparring.

Transitions count for more points than strikes during this drill, so it's best to perform only minor transitions, spinning from North/South to Side Control and back again without ever entering the Mount.

You'll earn points for every transition you complete—mix in a few strikes for variety as you pump up the progress meter!

Primary gains:

- Cardio

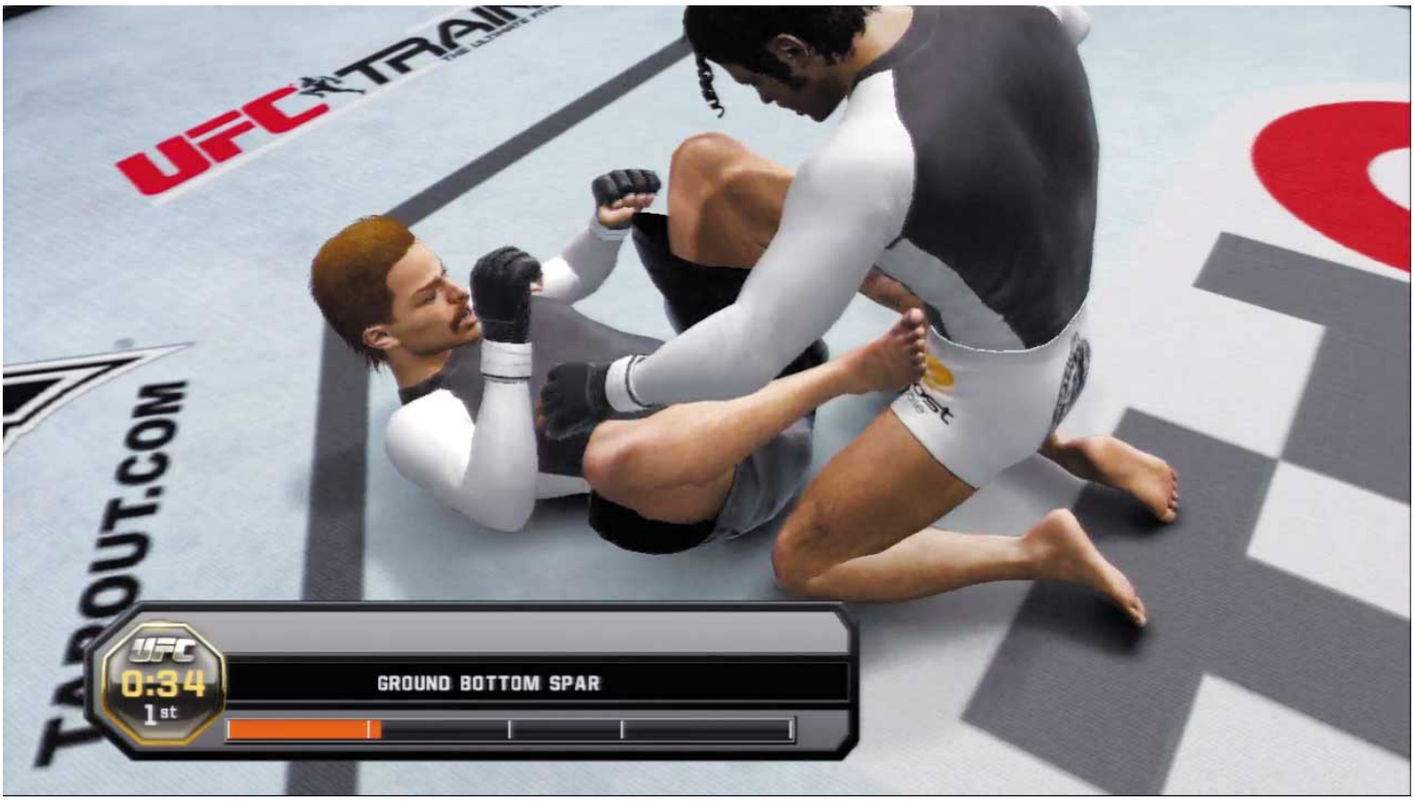
- Ground Striking, Offense

- Ground Top Grapple, Offense and Defense

- Submission, Offense and Defense

Ground Bottom Sparring

Challenge Level: Easy



This is a fantastic exercise for any fighter who wants to improve his ability to either attack off his back or get back up to his feet when stuck on the bottom of a ground position.

Simply perform major transitions until you kick the opponent away, then immediately stand up to your feet by pressing the Movement stick like a button.

You'll earn big points for escaping from the bottom in this fashion, and are then promptly reset on your back again—just keep working your way back up to your feet to steadily fill the progress meter and ace this easy drill!

Primary gains:

- Cardio

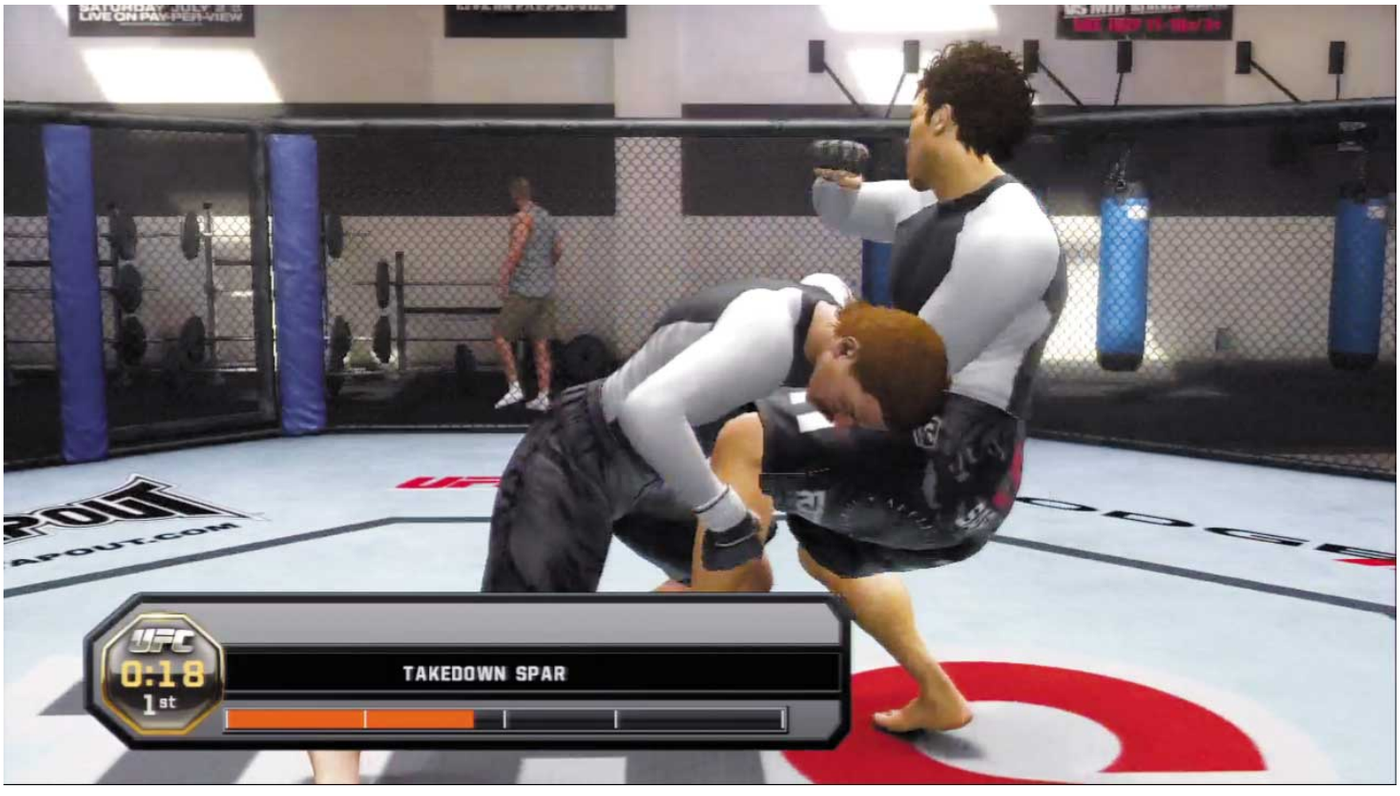
- Ground Striking, Defense

- Ground Bottom Grapple, Offense and Defense

- Submission, Offense and Defense

Takedown Sparring

Challenge Level: Easy



Here's an excellent training session for clinch fighters and takedown artists alike. The secret to success lies in performing short takedowns, which are worth big points—do this by shooting in for a takedown just as your training partner begins to throw a strong strike.

However, always be ready to rotate the Clinch/Grapple stick to drive and finish a takedown if you end up in a struggle.

You can also earn points by completing takedowns from the clinch, but these are more time-consuming to accomplish—stick with standing shots and try for those short takedowns instead!

Primary gains:

- Strength

- Clinch Grapple, Offense and Defense

- Takedown, Offense and Defense

Submission Sparring

Challenge Level: Hard

Submission experts would be wise to train this excellent exercise between almost every fight, as it will greatly improve both their offensive and defensive ground game and submission ability.

Work to improve your bottom position to Half Guard Clinch or Open Guard Clinch, then attempt to lock in a sub, such as a kimura, from the bottom.

You earn significant points even if you fail a submission battle, but try to finish those submissions to earn even more points for each attempt!

Primary gains:

- Cardio
- Ground Top Grapple, Offense and Defense
- Ground Bottom Grapple, Offense and Defense
- Submission, Offense and Defense

Tip

If your fighter knows any technique submissions from the bottom, be sure to set them up and use them against rival grapplers! Technique submissions are much more powerful than regular subs, and therefore have a greater chance of being finished.

Tip

If you just can't finish your submissions, try to fail each attempt as quickly as possible instead—then hurry and make another sub attempt. Just keep on failing your subs as fast as you can to keep the points rolling in!

Camp Sessions

Like training sessions, camp sessions offer you a means of growing as a fighter. However, instead of increasing your various attributes and skills, camp sessions let you learn awesome new technique moves, including technique strikes, transitions, and submissions.

You may also choose to "level up" technique moves that you already know by visiting a camp—be sure to do this, because increasing the level of your technique moves makes them far more effective!

Tip

Each camp offers its own selection of technique moves, so spend some time exploring each team.

Caution

You'll eventually be asked to join a camp during your career. You're restricted to training with that team permanently after making this choice, so take advantage of your early opportunity to see what each camp has to offer!

Learning New Moves

Unlike most training drills, learning a new move is easy—you're simply required to perform the move three times against a sparring partner. The challenge is always minimal, so don't shy away from learning a new move if you think it will help improve your game.

It's important to consider your fighter's fundamental style when choosing to learn or develop a move:

Grapplers should look to learn and master technique takedowns, transitions, and submissions—these will allow you to control and dominate your opponents!

Strikers should quickly learn and master two technique strikes, one with the left hand or leg, and one with the right—this lets you easily add devastating techniques to your combos!

Tip

When cycling through a camp's moves, pay attention to the onscreen Technique Bonus box. If this box reads "OK," then the move you're viewing belongs to your fighter's base class—this means you'll have an easier time mastering the move!

Leveling Up Moves

Increasing a technique move's level is a little more challenging than learning a new move, but it's still easier than acing most training sessions.

Leveling up a technique move makes it significantly more effective, so prioritize mastering your go-to moves over learning new ones, and work on leveling up a move between each fight.

Each time you visit a camp to level up a move, you must participate in a brief sparring session. The better you perform, the more experience you'll gain, and the faster your move will level up.

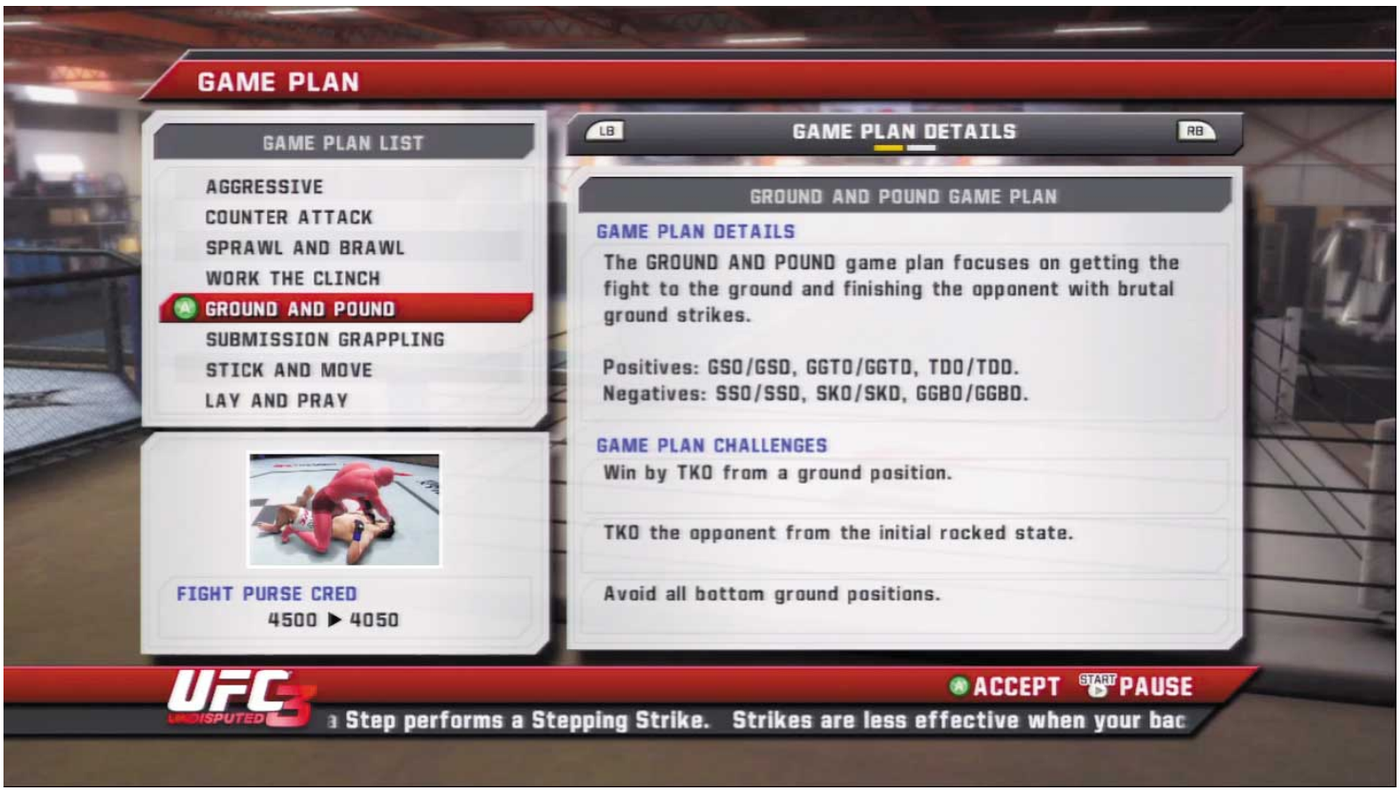
Score big points by performing the move that you're attempting to level up, and score fewer points for performing comparable moves.

For example, if you're trying to level up a standing technique strike, you'll earn points for each standing strike that you land, including regular quick and strong strikes. Push the pace and score big points to top off that progress meter!

Tip

Training with camps is a great way to evolve as a fighter, but once you're happy with your basic skill set, focus on improving your attributes and skills through multiple training sessions instead!

Game Plans



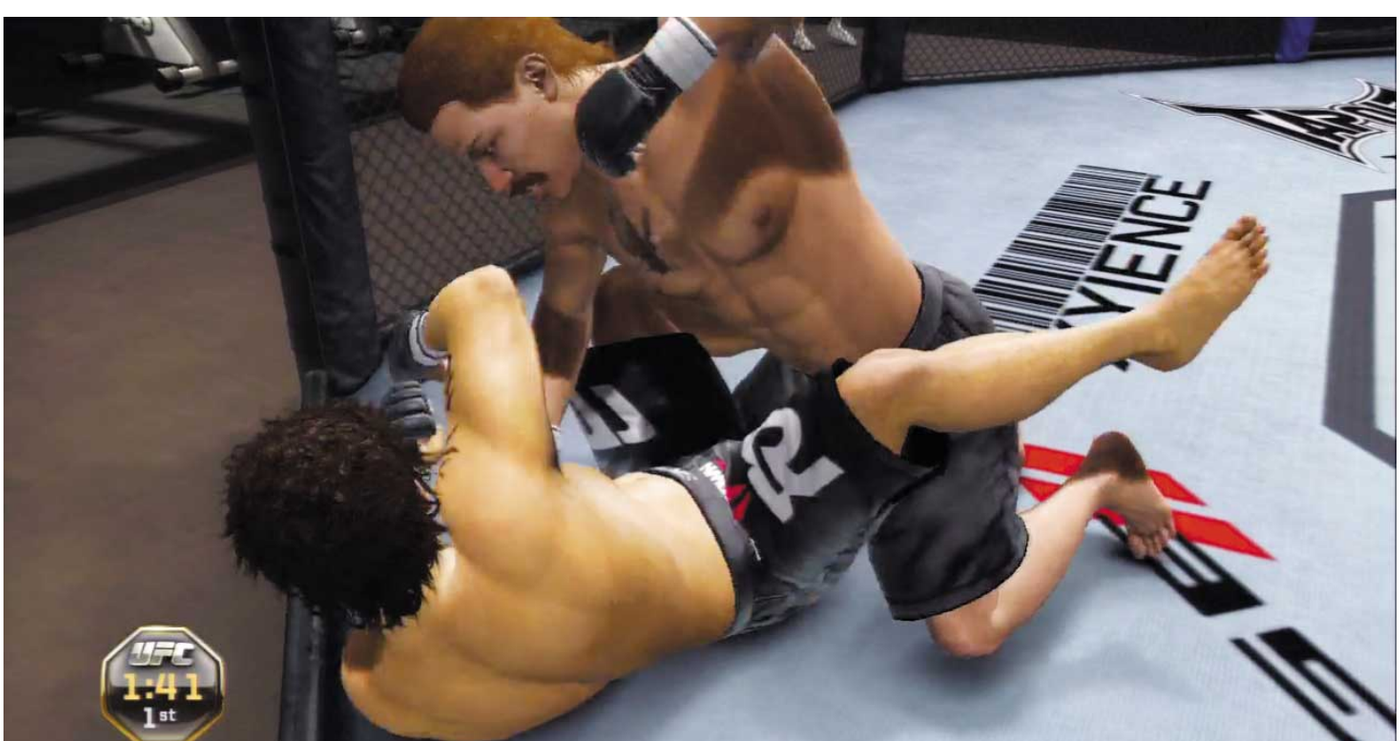
Game plans are excellent ways to dramatically increase your fighter's abilities for one fight, providing a tremendous advantage in one area of the fight game.

However, the trade-off is that game plans also cause your fighter to suffer severe penalties to other stats, making him extremely vulnerable if things don't go your way.

Use the triggers to cycle through each game plan's potential statistical effects—this is how much you stand to gain and lose by selecting the game plan.

Tip

Consider your fighter's skills and those of your opponent when deciding which game plan is right for the fight at hand!



After you've chosen a game plan, you get to drill it in the gym.

Each game plan features three special challenges that must be performed or upheld over the course of the exercise—the more challenges you satisfy during the drill, the greater the game plan's statistical impact will be during the upcoming fight!

Clear all three challenges to ace the drill and gain the full stat benefits you saw while cycling through the different game plans.

Don't just settle for enjoying a game plan's full in-fight benefits—strive to clear all three of its challenges again on fight day as well!

Complete all three challenges again during the actual fight to receive a small amount of the game plan's benefits as a permanent stat boost to your fighter!

Each game plan is unique—let's give them a look:

Aggressive: This game plan is ideal for strikers, adding significant speed and power to their strikes in all positions. To ensure you aren't taken down, try bringing your training partner to the mat early in the first round, then pound him out from the top!

Counter Attack: This game plan is perfect for elusive strikers who prefer to keep a respectable range from their opponent on the feet. Avoid grappling on the ground at all costs as you use your superior speed and punching technique to rock and drop your training partner!

Sprawl and Brawl: Your clinch and ground grappling skills are dramatically reduced when you use this game plan, so use your greatly enhanced takedown defense to stuff your partner's shots and remain in the standing position.

Avoid going for takedowns and clinches when using this game plan—you're at risk of being thrown or swept when grappling!

Work the Clinch: This game plan enhances your clinch control and fighting skills so much that it's easy to gain and maintain dominant clinch positions. Lock up in the Muay Thai Clinch, then land devastating strikes to your partner's head—including

crushing knees—to rock him in short order.

Ground and Pound: Use your vastly increased takedown ability and ground grappling offense to bring your partner to the mat and overwhelm him with strikes from a dominant top position, such as Mount. Don't fool around on your feet for long—your striking skills really suffer when you select this game plan.

Submission Grappling : This exercise is great for submission experts. Get your partner to the mat with a takedown as fast as you can, but avoid takedowns from the clinch because you're less effective in that position under this game plan.

Work to a dominant position such as Side Control or Mount, then posture up and damage your partner's head and body with strong strikes to erode his Stamina. Maintain top position and slap on a submission after giving his ribs a good beating, or as soon as you happen to rock him.

Stick and Move: This unique game plan is ideal for elusive strikers, boosting their Speed, Footwork, and all aspects of their stand-up striking game. Simply avoid being taken down as you unleash your greatly enhanced skills on the feet.

Out-strike your partner enough to impress the judges, but avoid prolonged exchanges—remain elusive and attack in short, measured bursts of offense to avoid gassing out.

Lay and Pray: Waste little time shooting in for the takedown when fighting under this game plan. Use your vastly improved takedown ability to get your partner to the ground, then work toward dominant top position and simply focus on maintaining your posture as you score points with the occasional strike.

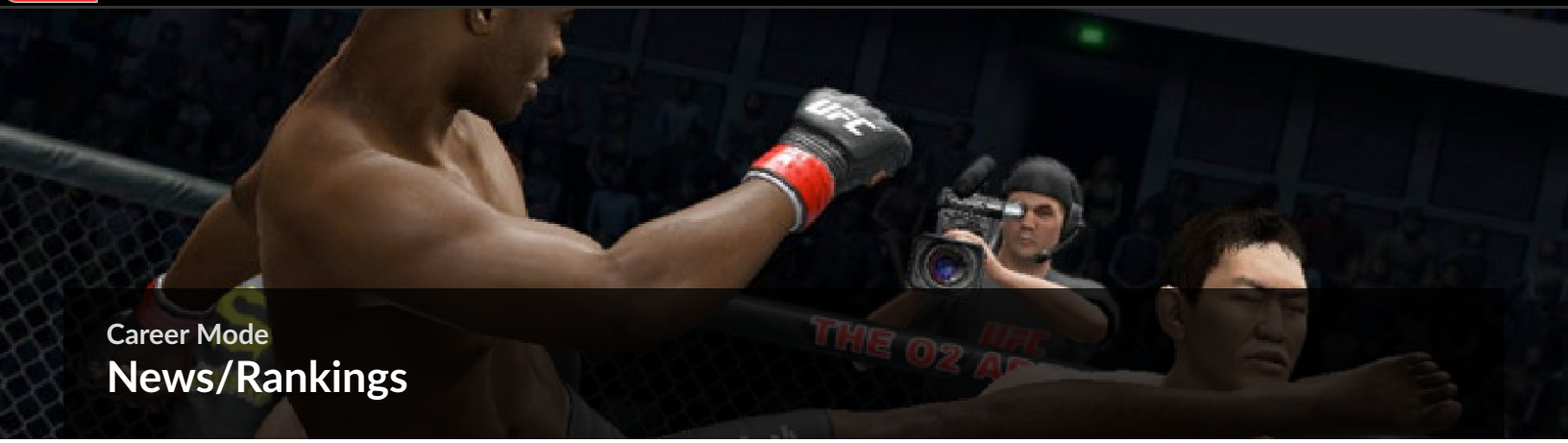
Post Fight Menus

The results of every Career Mode fight are shown through a brief sequence of post-fight menus. Use the triggers to cycle through the various results screens:

Fighter Information : This panel provides a "before and after" view of your fighter's career stats, such as his total Cred, ranking, and record. A breakdown of all the Cred you earned for the fight is provided in the panel's lower half.

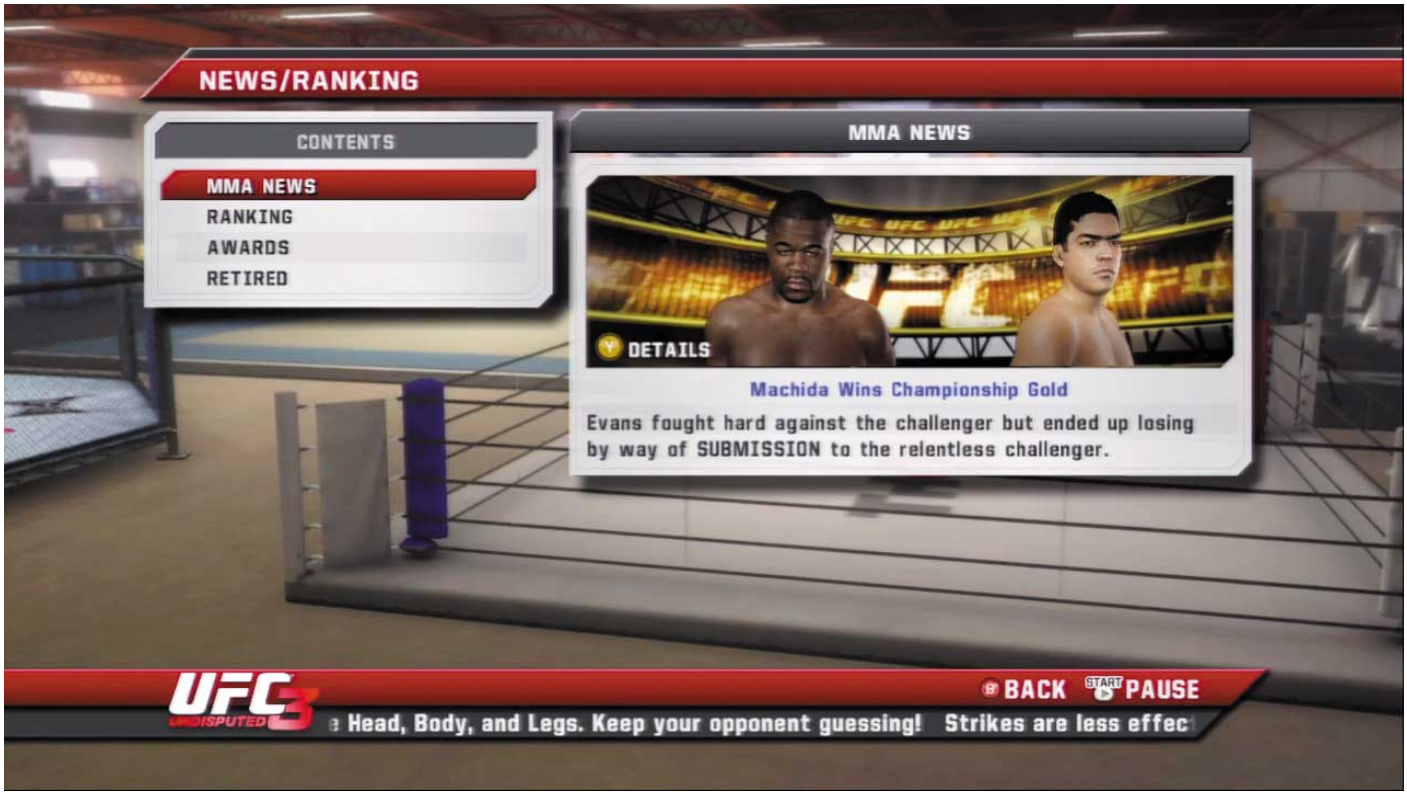
Game Plan Effects: If you chose to spend an action on setting up a game plan, then the lasting statistical effects of the game plan are shown here (if any). Complete all three of your game plan's challenges during the fight to receive maximum permanent gains!

Sponsor Information: This panel shows you how much Cred you've earned from each of your contracted sponsors during the fight. You can also see each sponsor's current level here, along with a progress meter that indicates how close each sponsor is to leveling up. (The maximum sponsor level is five.)



Career Mode

News/Rankings

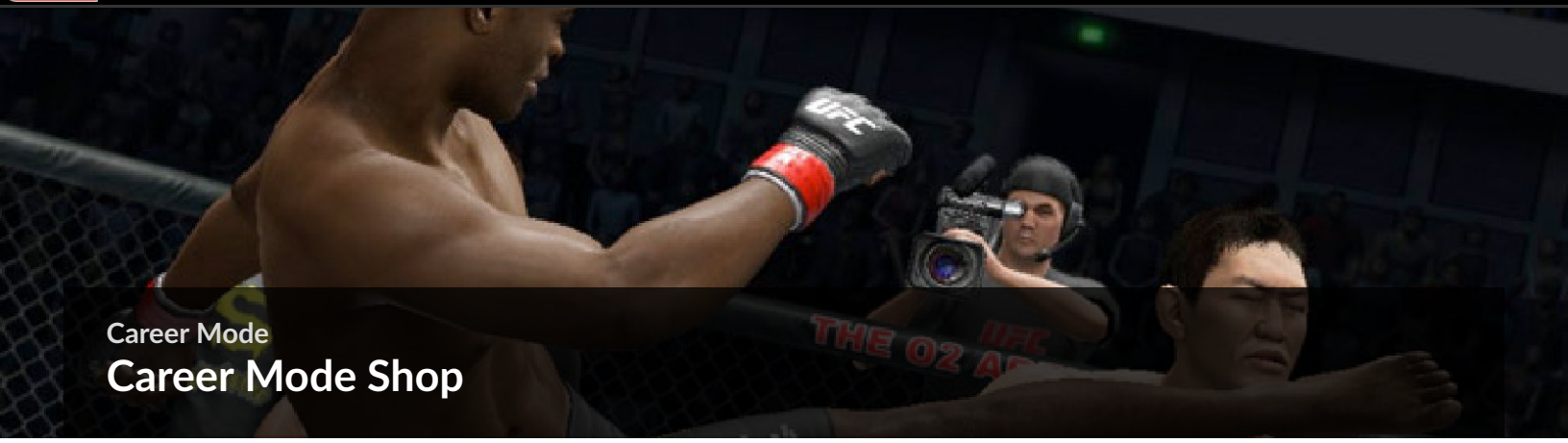


Select the News/Rankings option at any time to view the results of previous events, along with any other special information or accolades related to your fighter's career—this may include awards such as recent Fight of the Night honors, and so on.

Receiving such awards is always a good thing, because each one comes with a hefty Cred bonus!

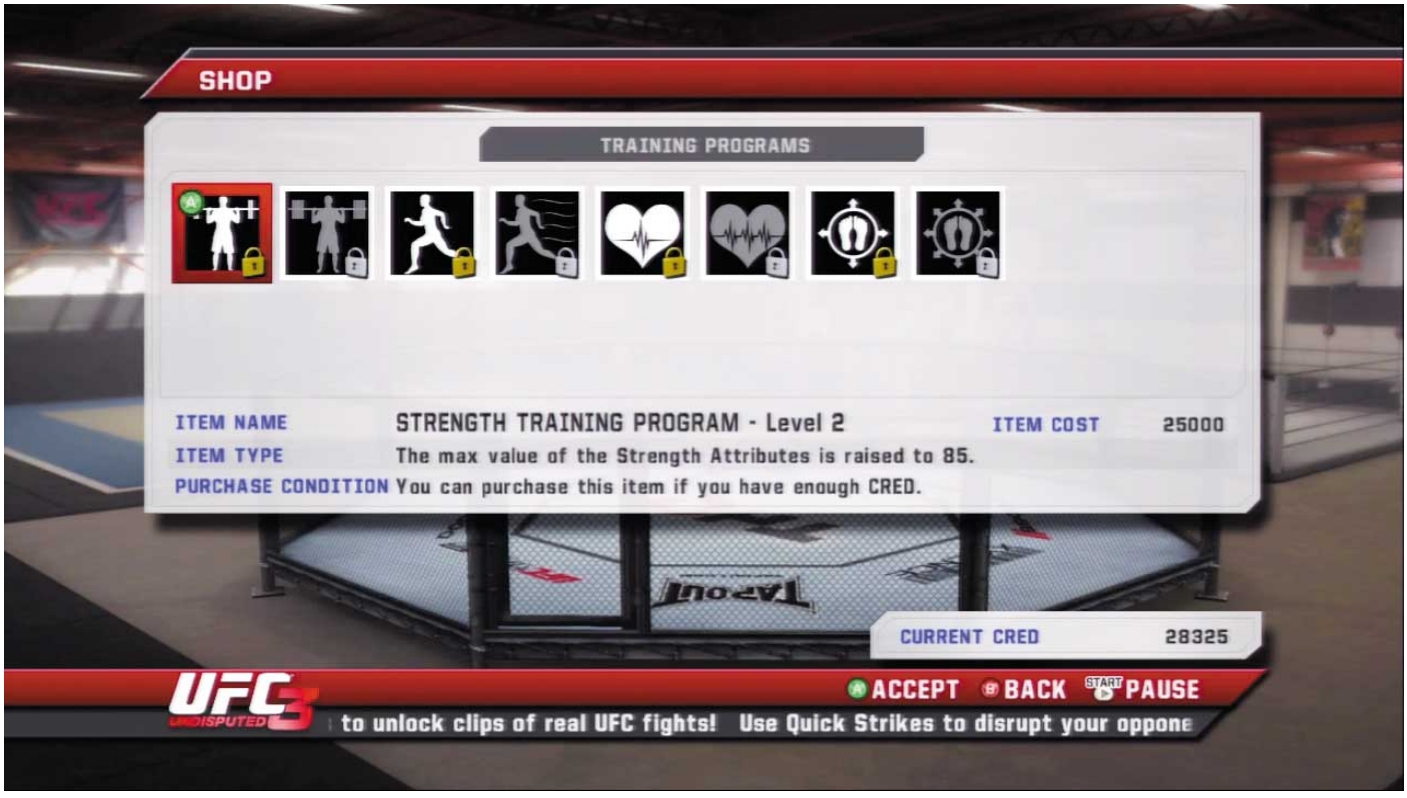
Tip

Don't settle for TKOs if you want to earn those Cred bonuses. KO or submit your opponents, and you'll always have a chance of scoring KO or Submission of the Night!



Career Mode

Career Mode Shop

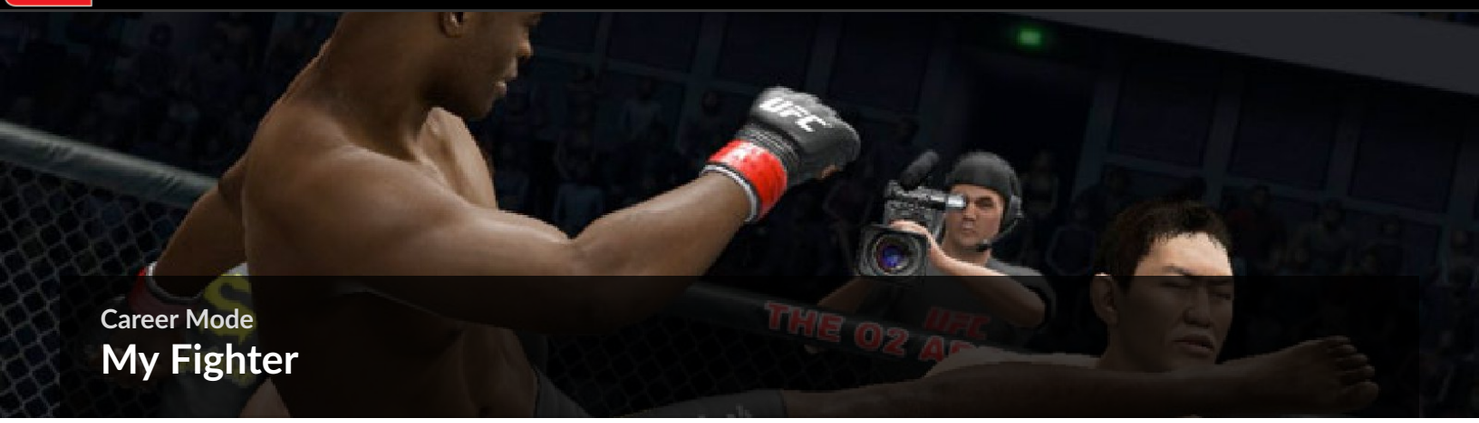


Each time you unlock new sponsors, visit the Career Mode shop to purchase fresh logos and gear from them. More importantly, visit the shop to purchase upgrades for your fighter's attributes and skills—this is vital to your fighter's continued growth and development.

Stat upgrades are particularly expensive, so don't blow your Cred during your career—spend it wisely and buy the upgrades you need at the right time to continue to gain maximum benefit from each pre-fight training session.

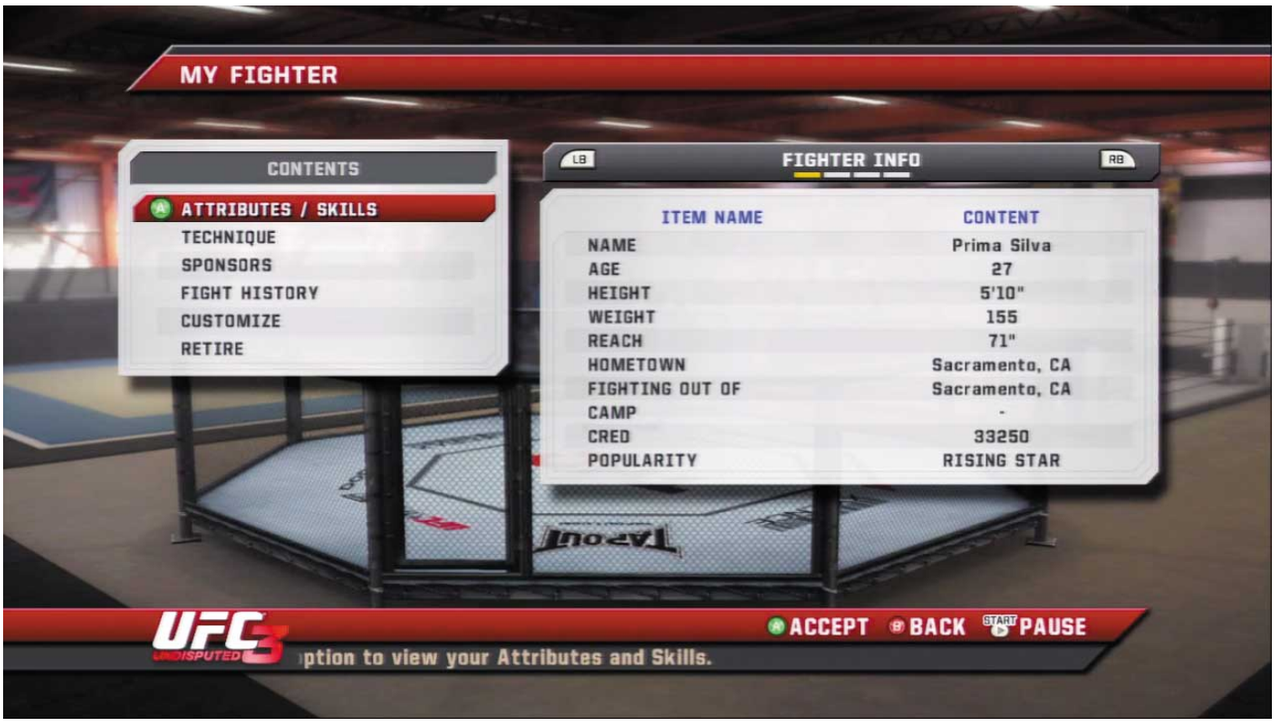
Tip

Make sure to purchase at least one logo from every available sponsor. Then slap your sponsors' logos on your trunks to receive bonus Cred from them after each fight! Stay contracted to your sponsors to increase their level and earn even more Cred from them after your performances.



Career Mode

My Fighter



Visit the My Fighter page to view and adjust various aspects of your MMA avatar. Here you have access to the following options:

Attributes/Skills: View all of your fighter's current statistics, along with his current maximum stat limitations. Reviewing this information helps you detect areas where your fighter needs to improve and which upgrades need to be purchased.

Technique : View all of your fighter's current technique moves. This is handy if you've forgotten all your moves! You can also view each move's level here.

Sponsors : View information pertaining to your fighter's current sponsors. Different sponsors offer you different post-fight Cred payouts—take advantage of the info here when deciding which sponsors are worth contracting and which ones are ready to be released.

Fight History : View your fighter's entire fight history, from his momentous MMA debut to his most recent epic battle.

Customize: Alter your fighter's appearance by adding or removing tattoos, changing his hair, and so on. This is also the place to go when you wish to add sponsor logos to your fighter's trunks, banners, or post-fight attire. When you advance to the big lights of the UFC, you'll be able to set additional options here, such as your fighter's entrance style, along with several other pre- and post-fight behaviors.

Retire: Retire your fighter, ending his illustrious career and storing his present status for future use in Exhibition Mode.

Tip

When customizing your fighter, use the Auto Assign Sponsor option to quickly add all available sponsor logos to his trunks!

Positions and Moves

Standing Positions

MMA is a dynamic sport full of unique moves and fighting positions. Different positions grant different advantages, so it's important to know about each one.

Here we review the finer points of every standing, clinch, and ground position in UFC Undisputed 3, listing all of the types of strikes, transitions, and defensive moves that are available to you in each one.

Every fight begins on the feet, so it's important to know how to handle yourself in each standing position.

Both Standing, Striking Range

This is the default starting position for all UFC Undisputed 3 fights.

If the referee ever decides to break up the action, he'll return the fight to this neutral standing position. Most strikers will want to remain in striking range—do so by stepping effectively to slip in and out of range.

Strive to maintain this distance against superior grapplers as well—it gives you maximum reaction time when it comes to stuffing their clinch attempts and takedowns.

Available Strikes

- Quick strikes
- Quick strikes to body
- Quick strikes to legs
- Offensive strong strikes
- Offensive strong strikes to body
- Offensive strong strikes to legs
- Defensive strong strikes
- Defensive strong strikes to body
- Defensive strong strikes legs
- Step strikes
- Step strikes to body
- Step strikes to legs
- Sway strikes
- Sway strikes to body
- Sway strikes to legs
- Dash strikes
- Dash strikes to body
- Dash strikes to legs
- Technique strikes (if possible)
- Feints

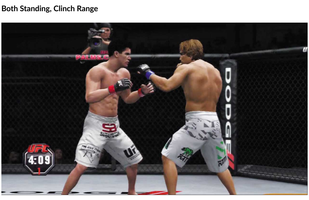
Available Transitions

- Clinch
- Technique clinch
- Takedown
- Submission (if possible)
- Leg takedown feint

Available Defense

- Strike defense high
- Strike defense low
- Grapple block
- Counter grapple high
- Counter grapple low

Both Standing, Clinch Range



You enter clinch range whenever you or the opponent moves in close on the feet. This close-range striking position favors aggressive and durable strikers and grapplers.

Noticeably absent from this position are step strikes and dash strikes—use sway strikes instead to remain elusive while staying "in the pocket" and able to land hard counters.

Takedown feints cannot be performed from this range, either—when you're this close to your rival, you might as well shoot for the real thing!

Available Strikes

- Quick strikes
- Quick strikes to body
- Quick strikes to legs
- Offensive strong strikes
- Offensive strong strikes to body
- Offensive strong strikes to legs
- Defensive strong strikes
- Defensive strong strikes to body
- Defensive strong strikes to legs
- Sway strikes
- Sway strikes to body
- Sway strikes to legs
- Technique strikes (if possible)
- Feints

Available Transitions

- Clinch
- Technique clinch
- Takedown
- Submission (if possible)

Available Defense

- Strike defense high
- Strike defense low
- Grapple block
- Counter grapple high
- Counter grapple low

Kick Catch

This advantageous position occurs when you successfully perform a counter grapple against any form of head or body kick.

For a brief moment, the countered opponent will be off-balance and helpless, allowing you to land an undefended strong strike or transition to a takedown or submission.

Make good use of the counter grapple move to attain this position against aggressive kick boxers.

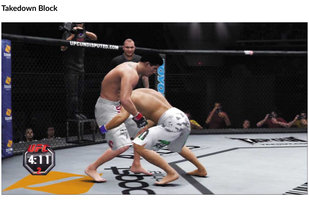
Available Strikes

- Strong strikes

Available Transitions

- Takedown
- Technique transition (if possible)
- Submission (if possible)

Takedown Block



You enter this advantageous position when you're quick to block a takedown the moment that the opponent begins to shoot.

It's similar to the Kick Catch position; the opponent is totally off-balance and helpless for a brief moment, allowing you to land an unprotected strike or transition to a takedown or submission.

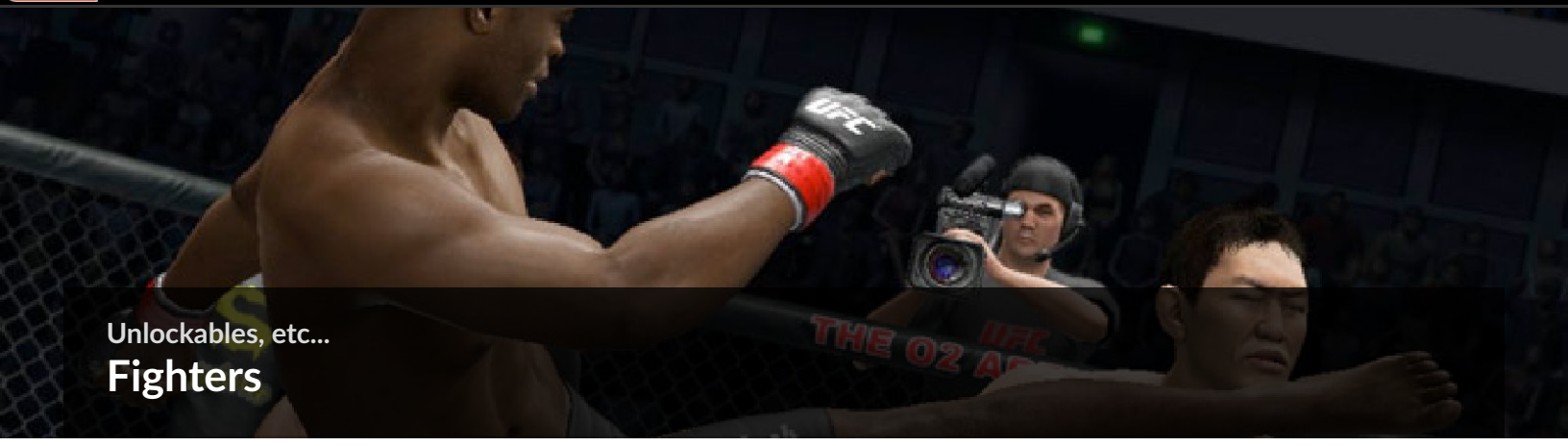
Keep your distance and be ready to stuff a takedown at a moment's notice to improve your chances of attaining this position against aggressive takedown artists.

Available Strikes

- Strong strikes

Available Transitions

- Takedown
- Technique transition (if possible)
- Submission (if possible)



Unlockables, etc...

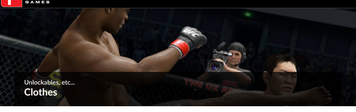
Fighters

Spoiler alert!

The handy checklist tables found throughout this chapter reveal all of the collectibles found in the Shop section of the main menu, along with all of the Achievements and Trophies in the game. Stop reading right now if you don't want to see all of the cool stuff you can earn, achieve, and unlock in UFC Undisputed 3!

Unlock each of these fighters for 3,000 points apiece.

Name	Points
Chuck Liddell	3000
Dan Severn	3000
Heath Herring	3000
Mark Coleman	3000

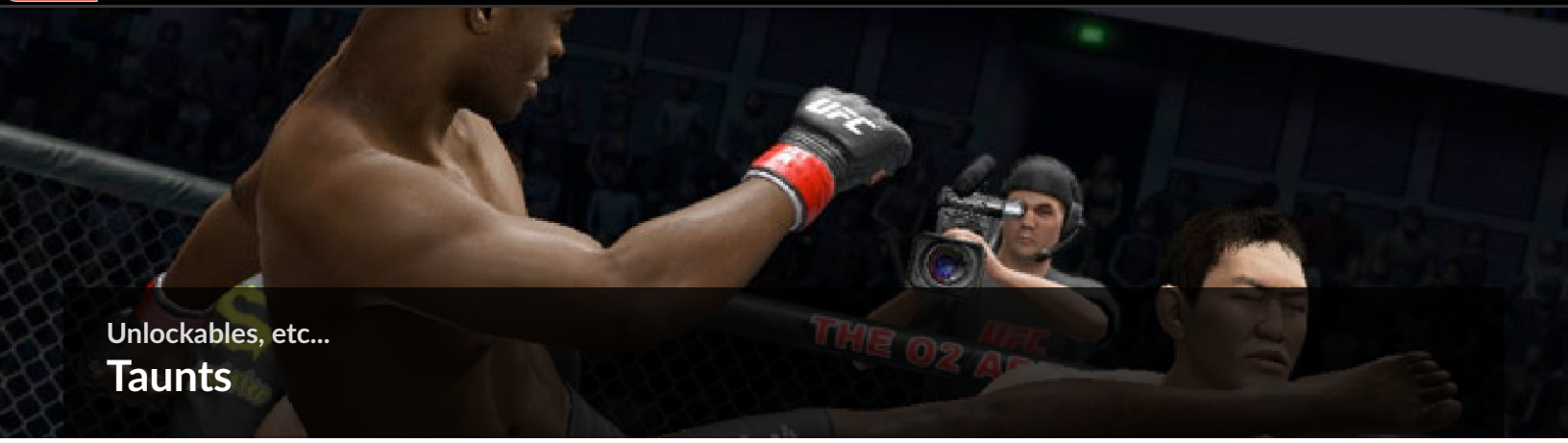


Unlockables, etc...

Clothes

There are loads of clothes to unlock in UFC Undisputed 3—and here's a complete listing.

Name	Points	Requirements/Notes
Shirt 21	100	--
Shirt 22	100	--
Shirt 23	100	--
Shirt 24	100	--
Shirt 25	100	--
Shirt 26	200	--
Shirt 27	200	--
Shirt 28	200	--
Shirt 29	200	--
Shirt 30	200	--
Shirt 31	300	--
Shirt 32	300	--
Shirt 33	300	--
Shirt 34	300	--
Shirt 35	300	--
Shirt 36	400	Win 1 championship in Tournament Mode.
Shirt 37	400	Win 2 championships in Tournament Mode.
Shirt 38	400	Win 3 championships in Tournament Mode.
Shirt 39	400	Win 4 championships in Tournament Mode.
Shirt 40	400	Win 5 championships in Tournament Mode.
Sleeveless Shirt 21	100	--
Sleeveless Shirt 22	100	--
Sleeveless Shirt 23	100	--
Sleeveless Shirt 24	100	--
Sleeveless Shirt 25	100	--
Sleeveless Shirt 26	200	--
Sleeveless Shirt 27	200	--
Sleeveless Shirt 28	200	--
Sleeveless Shirt 29	200	--
Sleeveless Shirt 30	200	--
Sleeveless Shirt 31	300	--
Sleeveless Shirt 32	300	--
Sleeveless Shirt 33	300	--
Sleeveless Shirt 34	300	--
Sleeveless Shirt 35	300	--
Sleeveless Shirt 36	400	Win 1 championship in Title Mode.
Sleeveless Shirt 37	400	Win 2 championships in Title Mode.
Sleeveless Shirt 38	400	Win 3 championships in Title Mode.
Sleeveless Shirt 39	400	Win 4 championships in Title Mode.
Sleeveless Shirt 40	400	Win 5 championships in Title Mode.
Hoodie 21	100	--
Hoodie 22	100	--
Hoodie 23	100	--
Hoodie 24	100	--
Hoodie 25	100	--
Hoodie 26	200	--
Hoodie 27	200	--
Hoodie 28	200	--
Hoodie 29	200	--
Hoodie 30	200	--
Hoodie 31	300	--
Hoodie 32	300	--
Hoodie 33	300	--
Hoodie 34	300	--
Hoodie 35	300	--
Hoodie 36	400	Defend the title 5 consecutive times in Title Defense Mode.
Hoodie 37	400	Defend the title 10 consecutive times in Title Defense Mode.
Hoodie 38	400	Defend the title 15 consecutive times in Title Defense Mode.
Hoodie 39	400	Defend the title 20 consecutive times in Title Defense Mode.
Hoodie 40	400	Defend the title 25 consecutive times in Title Defense Mode.
Gi 21	100	--
Gi 22	100	--
Gi 23	100	--
Gi 24	100	--
Gi 25	100	--
Gi 26	200	--
Gi 27	200	--
Gi 28	200	--
Gi 29	200	--
Gi 30	200	--
Gi 31	300	--
Gi 32	300	--
Gi 33	300	--
Gi 34	300	--
Gi 35	300	--
Gi 36	400	Play through 1 historical event in Event Mode.
Gi 37	400	Play through 2 historical events in Event Mode.
Gi 38	400	Play through 3 historical events in Event Mode.
Gi 39	400	Play through 4 historical events in Event Mode.
Gi 40	400	Play through 5 historical events in Event Mode.
Cap 21	100	--
Cap 22	100	--
Cap 23	100	--
Cap 24	100	--
Cap 25	100	--
Cap 26	200	--
Cap 27	200	--
Cap 28	200	--
Cap 29	200	--
Cap 30	200	--
Cap 31	300	--
Cap 32	300	--
Cap 33	300	--
Cap 34	300	--
Cap 35	300	--
Cap 36	400	Play through 1 Ultimate Fight in its entirety.
Cap 37	400	Play through 2 Ultimate Fights in their entirety.
Cap 38	400	Play through 3 Ultimate Fights in their entirety.
Cap 39	400	Play through 4 Ultimate Fights in their entirety.
Cap 40	400	Play through 5 Ultimate Fights in their entirety.
Beanie 21	100	--
Beanie 22	100	--
Beanie 23	100	--
Beanie 24	100	--
Beanie 25	100	--
Beanie 26	200	--
Beanie 27	200	--
Beanie 28	200	--
Beanie 29	200	--
Beanie 30	200	--
Beanie 31	300	--
Beanie 32	300	--
Beanie 33	300	--
Beanie 34	300	--
Beanie 35	300	--
Beanie 36	400	Win 10 Camp Exhibition matches.
Beanie 37	400	Win 20 Camp Exhibition matches.
Beanie 38	400	Win 30 Camp Exhibition matches.
Beanie 39	400	Win 40 Camp Exhibition matches.
Beanie 40	400	Win 50 Camp Exhibition matches.
Headband 21	100	--
Headband 22	100	--
Headband 23	100	--
Headband 24	100	--
Headband 25	100	--
Headband 26	200	--
Headband 27	200	--
Headband 28	200	--
Headband 29	200	--
Headband 30	200	--
Headband 31	300	--
Headband 32	300	--
Headband 33	300	--
Headband 34	300	--
Headband 35	300	--
Headband 36	400	Play Camp Exhibition with 2 or more unique camp members.
Headband 37	400	Play Camp Exhibition with 4 or more unique camp members.
Headband 38	400	Play Camp Exhibition with 6 or more unique camp members.
Headband 39	400	Play Camp Exhibition with 8 or more unique camp members.
Headband 40	400	Play Camp Exhibition with 10 or more unique camp members.
Cowboy Hat 21	100	--
Cowboy Hat 22	100	--
Cowboy Hat 23	100	--
Cowboy Hat 24	100	--
Cowboy Hat 25	100	--
Cowboy Hat 26	200	--
Cowboy Hat 27	200	--
Cowboy Hat 28	200	--
Cowboy Hat 29	200	--
Cowboy Hat 30	200	--
Cowboy Hat 31	300	--
Cowboy Hat 32	300	--
Cowboy Hat 33	300	--
Cowboy Hat 34	300	--
Cowboy Hat 35	300	--
Cowboy Hat 36	400	Win 100 Camp Exhibition matches.
Cowboy Hat 37	400	Win 150 Camp Exhibition matches.
Cowboy Hat 38	400	Win 200 Camp Exhibition matches.
Cowboy Hat 39	400	Win 250 Camp Exhibition matches.
Cowboy Hat 40	400	Win 300 Camp Exhibition matches.

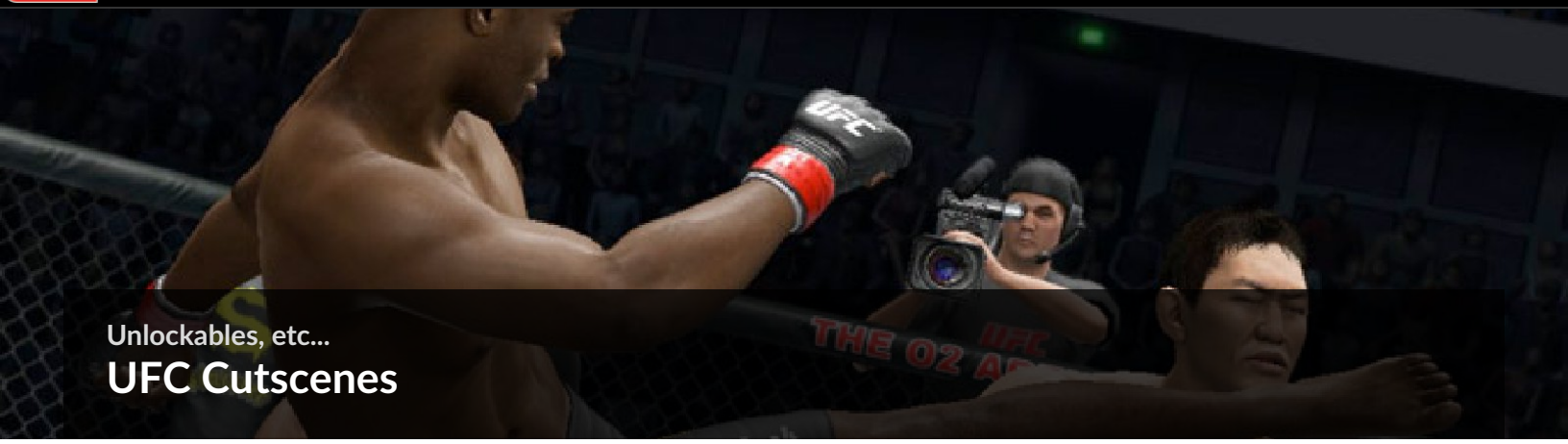


Unlockables, etc...

Taunts

Unlock these special taunts to add more flavor to your stand-up game.

Name	Points
Here We Go	600
Let's Do This	600
Acknowledgment	600
Good Grief	600
Dancing Machine	600
Walk It Off	600
Angry Stare	600



Unlockables, etc...

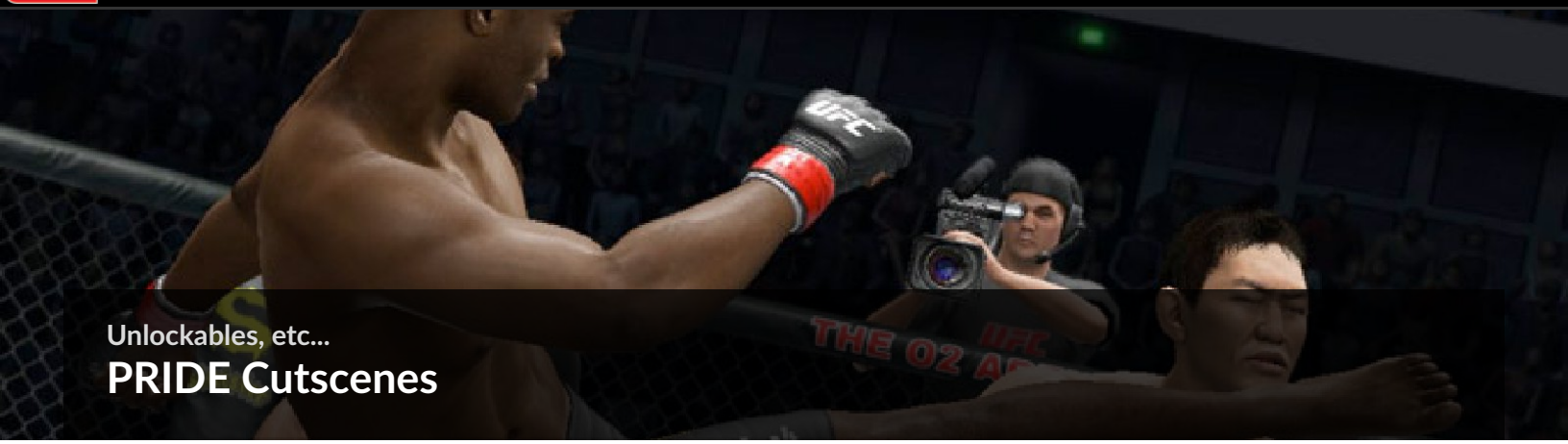
UFC Cutscenes

Here's how to unlock all of the special UFC cutscenes in the game.

Note

Most UFC Cutscenes can be purchased at any time, so we've only listed the ones that have special unlock requirements.

Name	Points	Requirements/Notes
Fighter Call 099	500	Win 10 UFC ranked matches.
Fighter Call 100	500	Win 30 UFC ranked matches in Online Exhibition.
Fighter Call 101	500	Win 10 PRIDE ranked matches.
Fighter Call 102	500	Win 30 PRIDE ranked matches in Online Exhibition.
Fighter Call 103	500	Win 3 consecutive online ranked matches.
UFC Victory Scene 098	500	Win 50 UFC ranked matches.
UFC Victory Scene 099	500	Win 70 ranked matches in Online Exhibition.
UFC Victory Scene 100	500	Win 100 UFC ranked matches.
UFC Victory Scene 101	500	Win 50 PRIDE ranked matches.
UFC Victory Scene 102	500	Win 70 PRIDE ranked matches in Online Exhibition.
UFC Victory Scene 103	500	Win 100 PRIDE ranked matches.
UFC Victory Scene 104	500	Win 5 consecutive online ranked matches.
UFC Victory Scene 105	500	Win 7 ranked matches consecutively in Online Exhibition.
UFC Victory Scene 106	500	Win 10 consecutive online ranked matches.

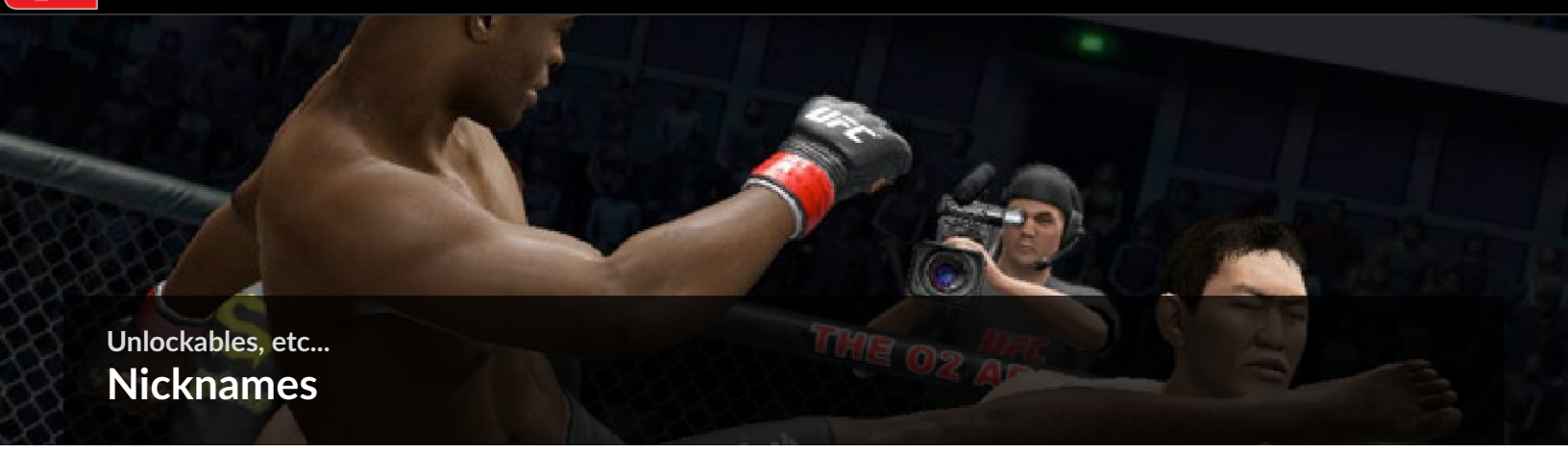


Unlockables, etc...

PRIDE Cutscenes

And now, the PRIDE cutscenes!

Name	Points
PRIDE Arena Entrance 005	500
PRIDE Arena Entrance 006	500
PRIDE Arena Entrance 007	500
PRIDE Arena Entrance 008	500
PRIDE Arena Entrance 009	500
PRIDE Arena Entrance 010	500
PRIDE Stair Descent 005	500
PRIDE Stair Descent 006	500
PRIDE Stair Descent 007	500
PRIDE Stair Descent 008	500
PRIDE Stair Descent 009	500
PRIDE Stair Descent 010	500
PRIDE Ring Entrance 009	500
PRIDE Ring Entrance 010	500
PRIDE Ring Entrance 011	500
PRIDE Ring Entrance 012	500
PRIDE Ring Entrance 013	500
PRIDE Ring Entrance 014	500
PRIDE Ring Entrance 015	500
PRIDE Ring Entrance 016	500

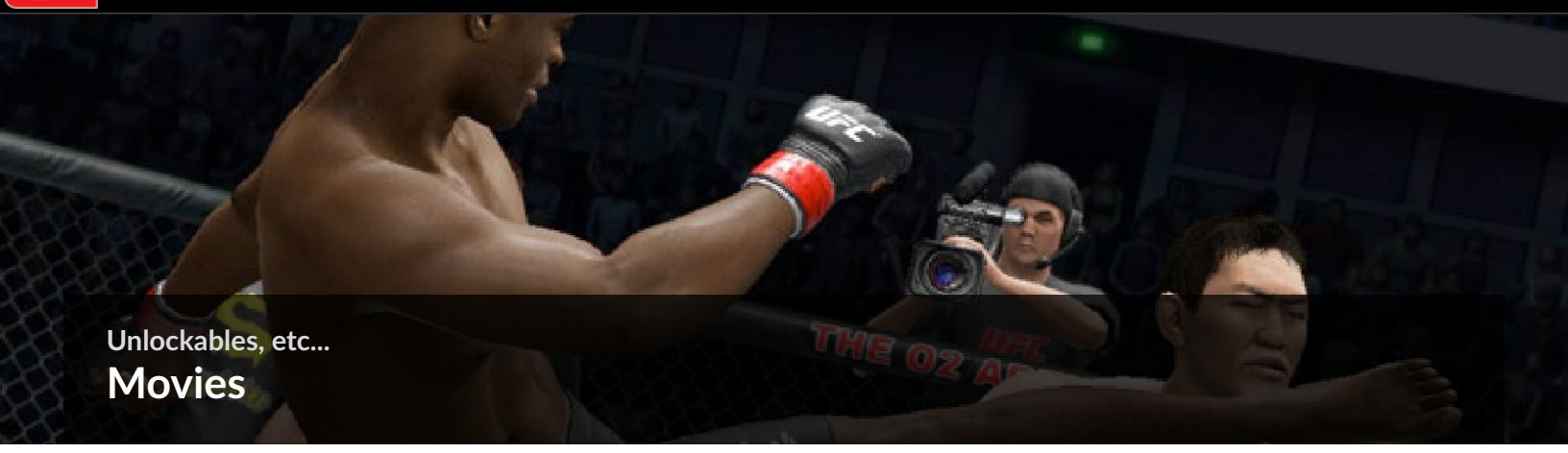


Unlockables, etc...

Nicknames

Check out these excellent extra nicknames that various announcers will call you once they're unlocked!

Name	Points	Requirements/Notes
The Animal	500	—
The Answer	500	—
The Architect	500	—
The Asian Sensation	500	—
The Bone Collector	500	Complete 25 goals in Title Defense Mode.
The Brazilian Brawler	500	—
The British Express	500	—
The Bull	500	—
The Butcher	500	—
The Canadian Cobra	500	—
Chainsaw	500	Complete 5 goals in Title Defense Mode.
The Colossus	500	—
Crazy Horse	500	—
The Destroyer	500	—
Don't Play	500	Complete 10 goals in Title Defense Mode.
Drago	500	Complete 15 goals in Title Defense Mode.
The Dragon	500	—
The Dutchman	500	—
The Finisher	500	—
The Future	500	—
The Hammer	500	—
The Headhunter	500	—
The Hitman	500	—
Joker	500	—
Killer Bee	500	—
The Maniac	500	—
Mayhem	500	—
The Outlaw	500	Complete 30 goals in Title Defense Mode.
The Piranha	500	Complete 35 goals in Title Defense Mode.
The Pitbull	500	—
The Powerhouse	500	Complete 40 goals in Title Defense Mode.
The Prince of Pain	500	Complete 45 goals in Title Defense Mode.
The Reaper	500	—
The Ripper	500	Complete 50 goals in Title Defense Mode.
The Sandman	500	—
Slick	500	—
Slim	500	—
The Snake	500	Complete 55 goals in Title Defense Mode.
The Spartan	500	Complete 60 goals in Title Defense Mode.
The Specialist	500	Complete 65 goals in Title Defense Mode.
Suave	500	Complete 20 goals in Title Defense Mode.
The Tank	500	Complete 70 goals in Title Defense Mode.
The Terrible	500	Complete 75 goals in Title Defense Mode.
Thunder	500	Complete 85 goals in Title Defense Mode.
TNT	500	Complete 90 goals in Title Defense Mode.
T-Rex	500	Complete 95 goals in Title Defense Mode.
Wild Thing	500	Complete 100 goals in Title Defense Mode.
The Wonder	500	Complete 80 goals in Title Defense Mode.

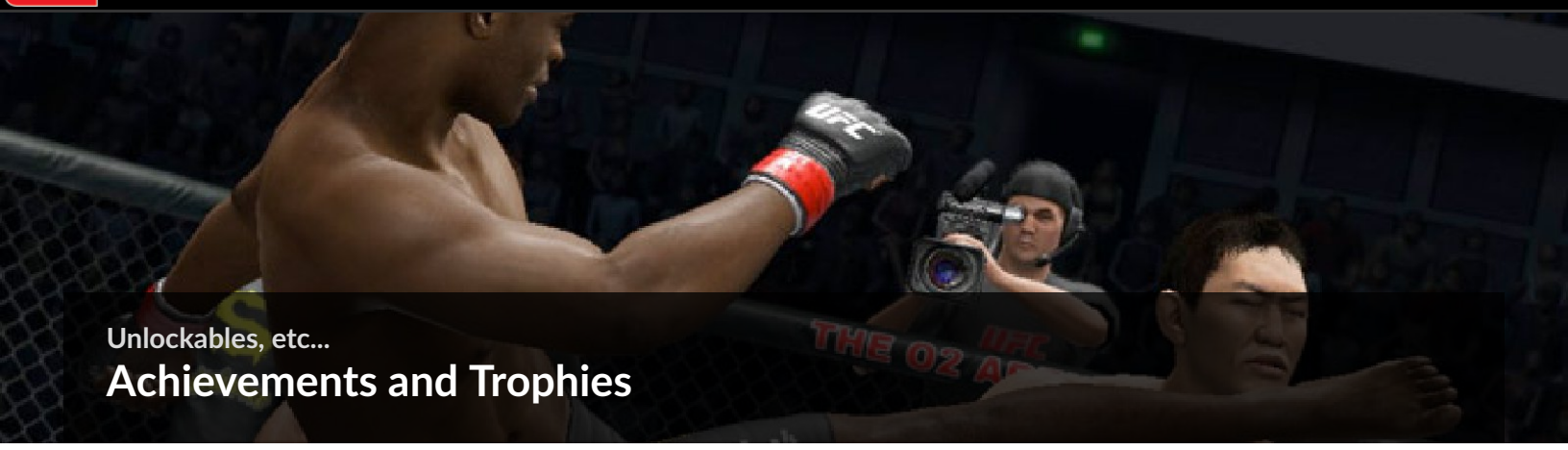


Unlockables, etc...

Movies

These entertaining videos unlock and play as you reach various milestones in the game.

Name	Points	Requirements/Notes
Quinton Jackson vs. Wanderlei Silva (Red Corner)	1,000	Complete 100 percent of Red Corner's tasks.
Quinton Jackson vs. Wanderlei Silva (Blue Corner)	1,000	Complete 100 percent of Blue Corner's tasks.
Heath Herring vs Minotauro Nogueira (Red Corner)	1,000	Complete 100 percent of Red Corner's tasks.
Heath Herring vs Minotauro Nogueira (Blue Corner)	1,000	Complete 100 percent of Blue Corner's tasks.
Mauricio Rua vs. Quinton Jackson (Red Corner)	1,000	Complete 100 percent of Red Corner's tasks.
Mauricio Rua vs. Quinton Jackson (Blue Corner)	1,000	Complete 100 percent of Blue Corner's tasks.
Dan Henderson vs Rogerio Nogueira (Red Corner)	1,000	Complete 100 percent of Red Corner's tasks.
Dan Henderson vs Rogerio Nogueira (Blue Corner)	1,000	Complete 100 percent of Blue Corner's tasks.
Mirko Cro Cop vs. Heath Herring (Red Corner)	1,000	Complete 100 percent of Red Corner's tasks.
Mirko Cro Cop vs. Heath Herring (Blue Corner)	1,000	Complete 100 percent of Blue Corner's tasks.
CAF Fighter Intro Movie	0	View the CAF Fighter Intro Movie Live Movie in Career Mode.
Roster Fighter Intro Movie	0	View the Roster Fighter Intro Movie Live Movie in Career Mode.
Tutorial Intro Movie	0	View the Tutorial Intro Movie Live Movie in Career Mode.
Making the UFC Hall of Fame	0	View the Making the UFC Hall of Fame Live Movie in Career Mode.
Retiring	0	View the Retiring Live Movie in Career Mode.
Champion vs. Champion	0	View the Champion vs. Champion Live Movie in Career Mode.
Introduction to WFA	0	View the Introduction to WFA Live Movie in Career Mode.
Introduction to UFC	0	View the Introduction to UFC Live Movie in Career Mode.
Introduction to PRIDE	0	View the Introduction to PRIDE Live Movie in Career Mode.
Welcome to AKA	0	View the Welcome to AKA Live Movie in Career Mode.
Welcome to American Top Team	0	View the Welcome to American Top Team Live Movie in Career Mode.
Welcome to Black House	0	View the Welcome to Black House Live Movie in Career Mode.
Welcome to Wolfslair	0	View the Welcome to Wolfslair Live Movie in Career Mode.
Welcome to Sityodtong	0	View the Welcome to Sityodtong Live Movie in Career Mode.
Welcome to Greg Jackson's	0	View the Welcome to Greg Jackson's Live Movie in Career Mode.
Training with a Team 1	0	View the Training with a Team 1 Live Movie in Career Mode.
Training with a Team 2	0	View the Training with a Team 2 Live Movie in Career Mode.
Training with a Team 3	0	View the Training with a Team 3 Live Movie in Career Mode.
First Time Training 1	0	View the First Time Training 1 Live Movie in Career Mode.
First Time Training 2	0	View the First Time Training 2 Live Movie in Career Mode.
First Time Training 3	0	View the First Time Training 3 Live Movie in Career Mode.
Favorite Moves 1	0	View the Favorite Moves 1 Live Movie in Career Mode.
Favorite Moves 2	0	View the Favorite Moves 2 Live Movie in Career Mode.
Favorite Moves 3	0	View the Favorite Moves 3 Live Movie in Career Mode.
Fight Preparations 1	0	View the Fight Preparations 1 Live Movie in Career Mode.
Fight Preparations 2	0	View the Fight Preparations 2 Live Movie in Career Mode.
Fight Preparations 3	0	View the Fight Preparations 3 Live Movie in Career Mode.
First Professional Fight 1	0	View the First Professional Fight 1 Live Movie in Career Mode.
First Professional Fight 2	0	View the First Professional Fight 2 Live Movie in Career Mode.
First Professional Fight 3	0	View the First Professional Fight 3 Live Movie in Career Mode.
First Professional Win 1	0	View the First Professional Win 1 Live Movie in Career Mode.
First Professional Win 2	0	View the First Professional Win 2 Live Movie in Career Mode.
First Professional Win 3	0	View the First Professional Win 3 Live Movie in Career Mode.
First UFC Title Shot 1	0	View the First UFC Title Shot 1 Live Movie in Career Mode.
First UFC Title Shot 2	0	View the First UFC Title Shot 2 Live Movie in Career Mode.
First UFC Title Shot 3	0	View the First UFC Title Shot 3 Live Movie in Career Mode.
First UFC Title Win 1	0	View the First UFC Title Win 1 Live Movie in Career Mode.
First UFC Title Win 2	0	View the First UFC Title Win 2 Live Movie in Career Mode.
First UFC Title Win 3	0	View the First UFC Title Win 3 Live Movie in Career Mode.
First Professional Loss 1	0	View the First Professional Loss 1 Live Movie in Career Mode.
First Professional Loss 2	0	View the First Professional Loss 2 Live Movie in Career Mode.
First Professional Loss 3	0	View the First Professional Loss 3 Live Movie in Career Mode.

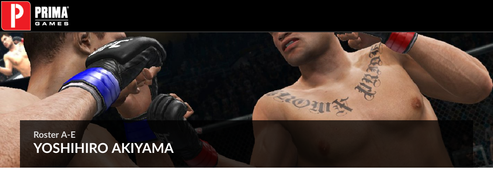


Unlockables, etc...

Achievements and Trophies

Boost your points by playing the living heck out of UFC Undisputed 3 and meeting the accomplishments detailed here.

Name	Points	Requirements/Notes
Willingness	5	Select a guided tutorial.
Bragging Rights	5	Create a highlight reel.
Puppeteer	5	Create a fighter and modify his face with Create a Fighter.
Chopping 'em Down	5	Get the TKO win by damaging the opponent's legs.
Everyone's a Critic	5	Rate contents created by other players in Content Sharing.
Practice Makes Perfect	5	Play an online Fight Camp Sparring Match.
Punching Is Hard Work	5	On Ultimate difficulty, win with the option Simulation On.
Prepared to Win!	10	Play through each Training Game with a fighter in Career Mode.
Breaking Your Toys	10	Win a match against the computer on Experienced difficulty while using a created fighter in Exhibition Mode.
Online Amateur	10	Play 10 or more ranked online matches.
Extracurricular	10	Join an online Fight Camp.
First of Many!	10	Win a ranked online match for the first time.
All About the Show	10	Watch a PRIDE entrance in Exhibition Mode once without skipping.
Making It Rain	15	Accumulate 10,000 or more Shop points.
Storied Career	15	Complete Career Mode with a created or roster fighter.
Goooaal!!	15	KO the opponent with a soccer kick.
Brute Force	15	Perform a submission slam or stomping escape against a computer fighter on Advanced difficulty or higher.
Prime Time Fighting	15	Participate in 6 or more Event Mode matches.
PRIDE of a Champion	20	Win 25 fights in Title Defense Mode.
Hall of Famer	30	Enter the Hall of Fame with a fighter in Career Mode.
Dual Divison Champion	30	Use 1 fighter in Career Mode to win the UFC championship in 2 weight divisions.
Triple Threatening	30	Obtain any Level 3 move for 1 fighter in Career Mode.
Online Journeyman	30	Play 500 or more ranked online matches.
Breaking Your Best Toys	30	Win against a created fighter who obtained Career Hall of Fame on Expert difficulty or higher.
Determined Champion	30	Cleared Title Mode without any interruption.
History Is Best Both Ways	30	Obtain a 100 percent completion score with both fighters in a fight in Ultimate Fights Mode.
Exhibition Excellence	30	Win 5 ranked online matches in a row.
Fight Camp Frenzy	35	Win 10 consecutive Fight Camp matches.
Locks, Hooks, and Bars—Oh My	45	Win against the computer with all of the leg submission moves on Advanced difficulty or higher.
Pound for Pound	50	Win each division in Exhibition Mode with Advanced difficulty or higher.
A Quarter Down, Three to Go	50	Clear 25 percent or more of all game modes.
Even Rocky Had a Montage	50	Create a highlight reel with 10 or more different fighters.
Prolific Champion	100	Use 1 fighter in Career Mode to win the WFA Championship, UFC Championship, and PRIDE Grand Prix.
Finish the Fight	100	After a KO or TKO, land 4 finishing blows and win the match.
All About The Show	?	Watch a PRIDE entrance in Exhibition once without skipping it.
Running a Clinic	?	Transition to all of the ground positions.
Dedication	?	Accumulate 100 hours of fight time
Face, Meet Foot	?	Rock an opponent with a Foot Stomp to the head in a PRIDE fight.



Roster A-E

YOSHIHIRO AKIYAMA

NICKNAME: Sexyama
WEIGHT CLASSES: Middleweight
AGE: 36
HEIGHT: 5'10"
REACH: 75"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	68
Speed	80
Cardio	80
Footwork	76

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	75
Clinch Striking	72
Ground Striking	75
Clinch Grapple	79
Takedown	79
Ground Top Grapple	76
Ground Bottom Grapple	73
Submission	76

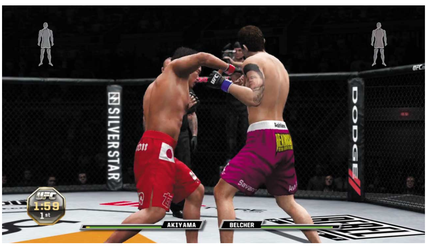
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	71
Clinch Striking	68
Ground Striking	72
Clinch Grapple	83
Takedown	71
Ground Top Grapple	74
Ground Bottom Grapple	75
Submission	74

ULTIMATE TECHNIQUES

RIGHT CHOPPING HOOK

Level 2 - Both Standing, Clinch Range



Akiyama can inflict plenty of punishment with this quick hook once he gets inside on his opponent.

JUDO OUCHIGARI TO OPEN GUARD, TOP

Level 3 - Double Underhook Cage, Offense

This is Akiyama's most effective judo throw. Like all his clinch throws, it's a great way to bring opponents to the mat.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 2 - Mount, Top

Akiyama's armbars rank among his best submissions. Those he applies from Side Control or Mount are particularly effective.

Strengths

- Judo
- Submissions
- Knockout power

Akiyama is a tough, durable fighter who's fought plenty of wars during his long career in Japan and, more recently, inside the Octagon.

His impressive speed and cardio allow him to mix things up very effectively on the feet, where he punishes his opponents with quick combos and utilizes effective techniques such as spinning back-fists and head kicks.

Akiyama is equally effective in the clinch, where he calls upon his vast array of judo throws to bring his opponents to the mat with brilliant technique.

Many of Akiyama's clinch throws land him in Side Control, where he can lock in powerful armbars and chokes.

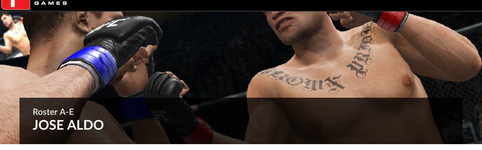
Weaknesses

- Low strength
- Vulnerable to clinch strikes
- Susceptible to takedowns

Because he's a well-rounded fighter, it's tough to find many holes in Akiyama's game. Look to exploit your fighter's strengths instead and try to overwhelm Akiyama with your best brand of offense.

Unless your fighter is dominant on the feet or in the clinch, it's often best to avoid these areas and bring Akiyama to the ground with an unexpected takedown instead.

Though he possesses knockout power in all positions, Akiyama doesn't boast many high-level technique strikes and must therefore work at scoring the knockout by setting up his combos.



Roster A-E

JOSE ALDO

NICKNAME: N/A

WEIGHT CLASSES: Featherweight

AGE: 25
HEIGHT : 5'7"
REACH: 70"
STANCE : Orthodox
OVERALL RATING: 94

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	93
Cardio	82
Footwork	86

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	90
Standing Kicks	90
Clinch Striking	80
Ground Striking	85
Clinch Grapple	74
Takedown	80
Ground Top Grapple	84
Ground Bottom Grapple	77
Submission	72

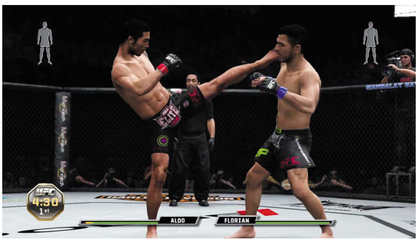
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	89
Standing Kicks	88
Clinch Striking	80
Ground Striking	83
Clinch Grapple	80
Takedown	90
Ground Top Grapple	85
Ground Bottom Grapple	80
Submission	88

ULTIMATE TECHNIQUES

ONE STEP LEFT HEAD KICK

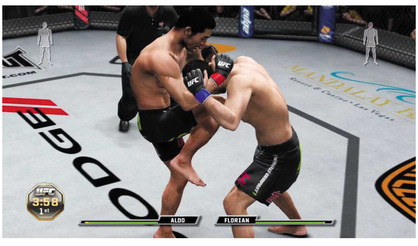
Level 3 - Both Standing, Striking Range



This lightning-quick head kick will rock Aldo's opponents in a flash if they foolishly choose to stand and fight him from range.

STRONG LEFT/RIGHT KNEE

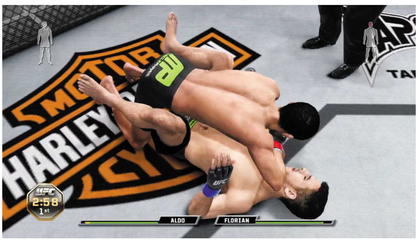
Level 3 - Muay Thai Clinch, Offense



Aldo's foes can't withstand many of these devastating clinch knees. Look to score them each time you clinch up.

LEFT/RIGHT ELBOW

Level 3 - Open Guard, Top



No need to transition to dominant position with Aldo--his elbow strikes are lethal in every ground position, including Open Guard.

STRENGTHS

- Very well rounded
- Knockout power
- Speed

Though still relatively young, Jose Aldo is already considered to be one of the greatest fighters of all time.

His excellent technique and incredible athleticism allow Aldo to control the pace of the fight and dominate his foes with speed, accuracy, and relentless aggression.

Aldo knows a vast array of techniques in many positions, so make liberal use of the Technique Modifier trigger while fighting with him.

Nearly all of his technique moves are as strong as they can be--this allows Aldo to instantly end fights from any position, making him a constant threat to his opponents throughout each match.

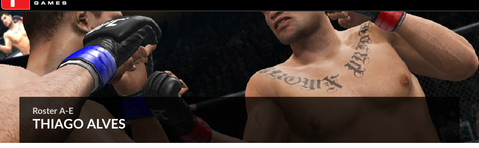
WEAKNESSES

- Clinch Grappling
- Ground Bottom Grappling
- Submissions

If Jose Aldo can be said to have any weakness, one might point to his occasionally being controlled by top-notch grapplers in the clinch and on the ground, as recently evidenced in his epic battles against Kenny Florian and Mark Hominick.

Unless you're supremely confident in your striking ability, it's best to avoid lingering in Aldo's striking range--he can quickly light you up with blistering combos and catch you off guard with unexpected counters that can quickly rock you.

Strike with Aldo just long enough to set up a clinch or takedown, then strive to maintain a dominant grappling position by blocking all of Aldo's transition attempts and chipping away at his stamina with fists and knees to the body.



Roster A-E

THIAGO ALVES

NICKNAME: Pitbull

WEIGHT CLASSES: Welterweight
AGE: 28
HEIGHT: 5'9"
REACH: 68"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	79
Cardio	75
Footwork	81

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	85
Clinch Striking	81
Ground Striking	77
Clinch Grapple	82
Takedown	62
Ground Top Grapple	68
Ground Bottom Grapple	66
Submission	60

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	85
Clinch Striking	81
Ground Striking	74
Clinch Grapple	80
Takedown	83
Ground Top Grapple	72
Ground Bottom Grapple	68
Submission	78

ULTIMATE TECHNIQUES

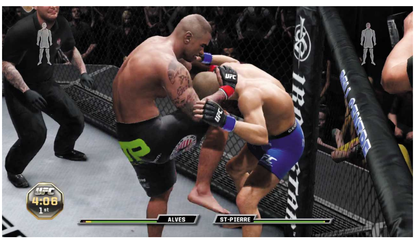
RIGHT LONG SUPERMAN PUNCH

Level 3—Both Standing, Striking Range

While Alves's standing head kicks pack a tremendous wallop, this fast, rangy punch helps him quickly close on his opponent with a sharp blow to the face.

LEFT/RIGHT SIDE MUAY THAI KNEE

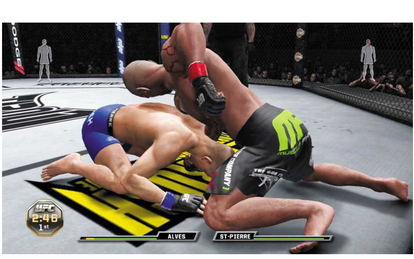
Level 2—Muay Thai Clinch Cage, Offense



Alves is a beast in the Muay Thai Clinch. Work the opponent over with elbows as you back him into the cage, then start working in some of these brutal knees.

STRONG RIGHT/ LEFT HOOK

Level 3- Sprawl, Top



After stuffing a takedown, Alves can punish his opponents with devastating hooks that'll make them think twice about shooting again.

STRENGTHS

- Size
- Muay Thai
- Knockout power

Thiago Alves wields some of the most effective Muay Thai striking in the welter-weight division.

His powerful and plentiful technique strikes help him smash his opponents with both punches and kicks, and it doesn't take long for the damage from these devastating strikes to pile up.

The stand-up game is Alves's world, so try to maintain striking distance and be ready to sprawl against the opponent's takedowns, which are likely to come early and often once they feel the power behind the "Pitbull's" blows.

Alves also shines in the Muay Thai Clinch, able to control his opponents and work them over with clinch strikes as well.

WEAKNESSES

- Takedowns
- Ground grappling
- Submissions

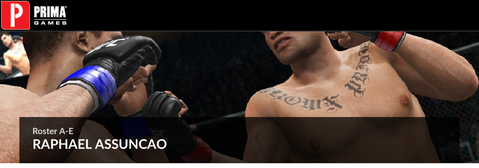
Though Alves's stand-up game ranks among the best in his weight class, his ground game leaves much to be desired.

Thiago has good clinch control and takedown defense, so it isn't easy to bring him to the ground—but once you manage to take him there, Alves is relatively easy to control and offers little risk of catching you with a surprise sweep or submission from the bottom.

Strike with Alves just long enough to get him exchanging, then bring him down with a short takedown once he begins to throw stronger blows and technique strikes.

Then simply focus on maintaining dominant top position and improving to a place where you can inflict some damage with ground strikes.

Attack his abdomen to set up fight-ending subs.



Roster A-E

RAPHAEL ASSUNCAO

NICKNAME: N/A
WEIGHT CLASSES: Featherweight
AGE: 29
HEIGHT: 5'5"
REACH: 67.5"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	77
Cardio	78
Footwork	73

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	76
Clinch Striking	72
Ground Striking	73
Clinch Grapple	75
Takedown	76
Ground Top Grapple	80
Ground Bottom Grapple	79
Submission	80

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	76
Clinch Striking	74
Ground Striking	75
Clinch Grapple	77
Takedown	78
Ground Top Grapple	79
Ground Bottom Grapple	79
Submission	82

ULTIMATE TECHNIQUES

OUTSIDE LEG TRIP SHORT TAKEDOWN

Level 2—Both Standing, Striking Range

Assuncao shines at the ground game, so use this powerful takedown to bring his adversary to the mat with all speed.

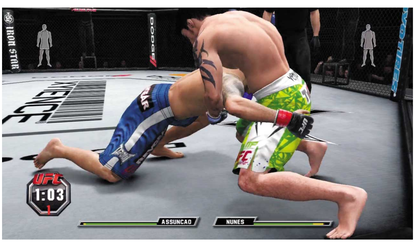
SUPLEX TO SIDE CONTROL, TOP

Level 1—Double Underhook, Offense

Though his clinch game isn't his strongest suit, Assuncao can quickly advance to Side Control with a big suplex from the Double Underhook clinch.

SWEEP TRANSITION TO OPEN GUARD, TOP

Level 1—Sprawl, Bottom



Even if Assuncao fails to complete a takedown, he's still able to put his opponent on his back with the use of this unexpected technique transition.

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Muay Thai
- Heart

Raphael Assuncao is a ground submission specialist with a solid all-around game. While his striking skills can be effective, they're best used to set up Assuncao's takedowns so he can work his superior ground grappling.

Once the action hits the mat, opponents will find that Assuncao is equally dangerous whether on top or bottom, owning plenty of sweeps and submissions off his back.

Though his submission ability is impressive, it's best to utilize Assuncao's excellent grappling skill to first achieve dominant position, then focus on wearing out the opponent and locking in the finisheR.

WEAKNESSES

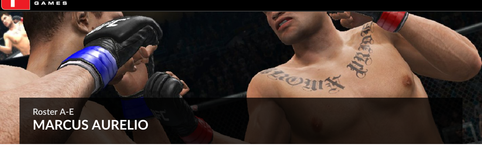
- Footwork
- Clinch striking
- Ground striking

A force on the ground, Assuncao suffers a lack of movement speed and takedown ability on the feet—exploit these drawbacksand use superior footwork to keep him at bay.

Be prepared to stuff and punish Assuncao each time he shoots in for the takedown, and beware his ability to sweep you onto your back from the bottom of the Sprawl position even after you stuff his shot.

Assuncao's clinch game is also somewhat lackluster and can easily be exploited by clinch specialists—however, entering the clinch with him puts you at greater risk of being taken down.

Try to keep Assuncao at striking range and pick him apart with superior speed without overexposing yourself to the takedown.



Roster A-E

MARCUS AURELIO

NICKNAME: Maximus
WEIGHT CLASSES: Lightweight (PRIDE)
AGE: 33
HEIGHT: 5'10"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	63
Speed	84
Cardio	82
Footwork	72

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	68
Standing Kicks	64
Clinch Striking	69
Ground Striking	71
Clinch Grapple	77
Takedown	78
Ground Top Grapple	81
Ground Bottom Grapple	84
Submission	83

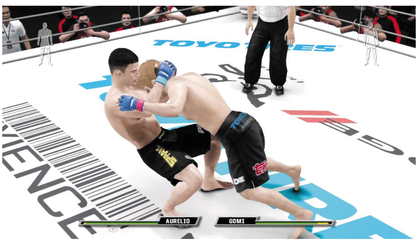
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	70
Standing Kicks	69
Clinch Striking	72
Ground Striking	76
Clinch Grapple	79
Takedown	74
Ground Top Grapple	85
Ground Bottom Grapple	86
Submission	88

ULTIMATE TECHNIQUES

PULL GUARD TO OPEN GUARD CLINCH, BOTTOM

Level 2—Single Collar Tie



Aurelio's ground game is so good that he doesn't mind fighting the opponent off his back. If the opponent grabs you in a clinch, try pulling them into Marcus's guard.

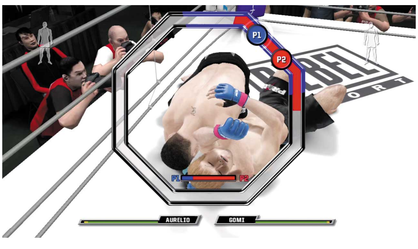
SWEEP TRANSITION TO SIDE CONTROL, TOP

Level 1—Open Guard Clinch, Bottom

After pulling guard from a clinch, or any time you improve to Open Guard Clinch while on bottom, surprise the opponent with a huge sweep that suddenly lands you in Side Control!

DIRECT CATCH TO ARM TRIANGLE CHOKE

Level 3—Side Control, Top



Achieving Side Control is relatively short work for Maximus—rough up the opponenta bit before locking in this lethal choke!

STRENGTHS

- Submissions
- Brazilian Jiu-Jitsu black belt
- Experience

"Maximus" Aurelio was a dominant submission grappler in PRIDE, able to force the tap from nearly any ground position.

His stand-up game isn't strong, however, so use his speed and durability to bring the fight to the ground as soon as the opponent begins to open up in his exchanges.

Pulling guard from Aurelio's clinch is another sound way of bringing the action to the mat, and he is extremely slick from the bottom, able to quickly sweep the opponent and place him in severe jeopardy of Aurelio's top submission game.

If you're about to lose a submission battle, capitalize on his ability to switch from one submission to the next, prolonging your odds of forcing the tap.

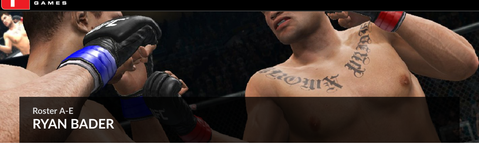
WEAKNESSES

- Strength
- Striking power
- Strike defense

Suffering from poor footwork, low strength, and a lack of striking technique, Aurelio is at a severe disadvantage when fighting most opponents on the feet.

Keep him at striking distance with superior movement speed and sting him with quick strikes that can't be countered by short takedowns. His strike defense isn't spectacular, so even quick strikes will eventually add up and rockhim.

Those who face "Maximus" must avoid his lethal groundgame at all costs, or they'll find themselves struggling in quicksand. Remain patient on the feet and look to counter and punish Aurelio each time he tries to clinch or shoot in for the takedown.



Roster A-E

RYAN BADER

NICKNAME: Darth

WEIGHT CLASSES: Light Heavyweight
AGE: 28
HEIGHT: 6'2"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	83
Speed	70
Cardio	80
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	65
Clinch Striking	70
Ground Striking	75
Clinch Grapple	76
Takedown	81
Ground Top Grapple	78
Ground Bottom Grapple	71
Submission	69

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	75
Clinch Striking	70
Ground Striking	78
Clinch Grapple	77
Takedown	80
Ground Top Grapple	76
Ground Bottom Grapple	72
Submission	76

ULTIMATE TECHNIQUES

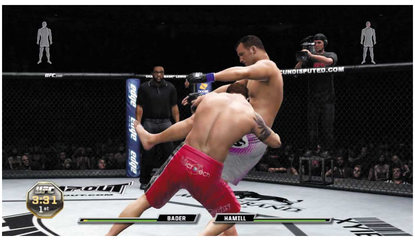
DUCKING RIGHT/LEFT HOOK

Level 2—Both Standing, Striking Range

"Darth" possesses knockout power but lacks speed, making these technique strikes ideal for slipping in and scoring big damage on the feet. Try comboing between them!

JUMPING SINGLE LEG TAKEDOWN

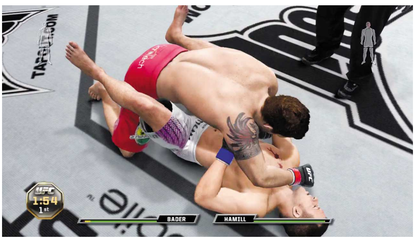
Level 3—Double Underhook, Offense



Once Bader has caught his opponent in a clinch, he's able to put his wrestling skills to use and secure takedowns incredibly easily. This same takedown is available to Bader in several other clinch positions.

STRONG LEFT/RIGHT PUNCH

Level 2—Open Guard, Offense



Bader can posture up and land these brutal technique strikes in many ground positions, even Open Guard. Naturally, they're more effective when thrown from Half Guard or Mount.

STRENGTHS

- Former NCAA wrestling champion
- Knockout power
- Takedowns

Ryan "Darth" Bader is a college wrestling champion, and therefore looks to impose a dominant ground game against his opponents.

Bader's great strength adds to his grappling ability, helping him finish his takedowns and secure dominant positions from which he can bring down heavy punches.

"Darth" is no slouch on the feet, either, possessing knockout power coupled with dangerous technique strikes.

Though he doesn't fare well off his back, Bader enjoys excellent takedown defense, and can therefore feel free to open up on the feet until he decides to bring the fight into his world of ground-and-pound.

WEAKNESSES

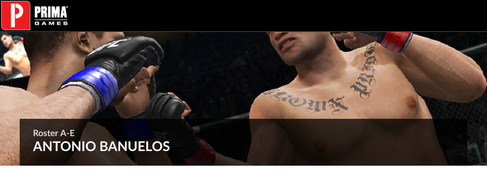
- Slow
- Poor kicks
- Vulnerable in clinch

Though he wields crushing power in his fists, Bader suffers from a lack of speed that's especially noticeable during striking exchanges against fast, rangy opponents.

His lack of kicking skill also limits his striking arsenal. Keep Bader on the end of your punches and kicks, and be ready to sprawl and stuff his powerful takedowns at any moment.

If you aren't afraid of potentially fighting off your back, clinch up with Bader to exploit his lack of clinch-striking defense. Maintain a dominant clinch position and work "Darth" over with elbows and knees until he crumbles.

He also has a hard time fighting off his back—surprise him with a takedown if he's being aggressive on the feet and leaving himself open.



Roster A-E

ANTONIO BANUELOS

NICKNAME: N/A
WEIGHT CLASSES: Bantamweight
AGE: 32
HEIGHT: 5'3"
REACH: 63"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	79
Speed	83
Cardio	71
Footwork	79

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	76
Clinch Striking	74
Ground Striking	73
Clinch Grapple	80
Takedown	75
Ground Top Grapple	74
Ground Bottom Grapple	76
Submission	74

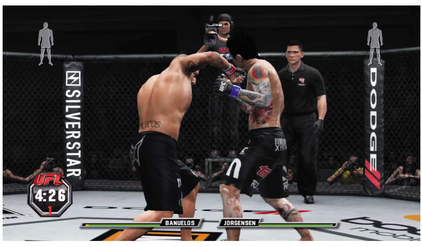
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	75
Clinch Striking	75
Ground Striking	73
Clinch Grapple	82
Takedown	78
Ground Top Grapple	72
Ground Bottom Grapple	77
Submission	75

ULTIMATE TECHNIQUES

RIGHT CHOPPING HOOK

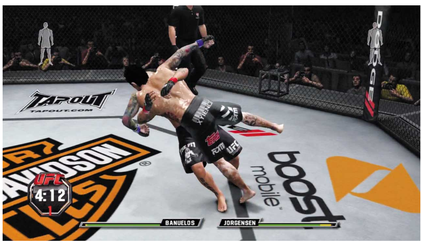
Level 2—Both Standing, Clinch Range



As you look to enter the clinch, use Banuelos' speed to get inside and land this quick, sharp hook that's sure to get the opponent's attention.

SUPLEX TO SIDE CONTROL, TOP

Level 2—Double Underhook, Offense



Antonio can draw upon his wrestling skill to elevate and slam his opponents onto the mat from many dominant clinch positions, then open up with some ground-and-pound.

DIRECT CATCH TO UPWARD REAR NAKED CHOKE

Level 2—Back Side Control, Top

Use Banuelos' superior clinch grappling to transition to the Back Clinch, then bring the opponent to the mat and end his night with this tight choke from behind.

STRENGTHS

- Boxing
- Speed
- Clinch wrestling

A wrestler by trade, Antonio Banuelos is also a gifted striker with impressive speed and footwork. This gives him a rounded game and makes him a constant threat in every fight. Use his speed to string together swift combos on the feet, but beware of getting caught in the exchange.

Look to clinch up with the opponent and impose Banuelos's strong clinch game, pummeling to dominant position and setting up brutal suplexes that land you in Side Control.

Work some heavy ground-and-pound from the top and transition to North/South or Mount to attempt a quick finish by way of armbar. He also has some very effective chokes from the Back Side Control and Back Mount positions.

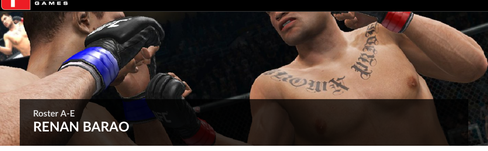
WEAKNESSES

- Cardio
- Ground grappling
- Ground striking

Antonio's lack of cardio is his most glaring weakness, and places him at risk of being rocked more often. This forces him to remain tactical on the feet, and also means that he'll begin to fade more quickly as the fight progresses into the later rounds.

Best Banuelos by pushing the pace and forcing him to work constantly from bell to bell. Wear him down with kicks and punches to the body to attack his cardio directly.

Sap his energy and look for the knockout when he begins to play defense and cover up his midsection. You can really work over Banuelos if you can manage to take him down and then punish his ribs with heavy blows.



Roster A-E

RENAN BARAO

NICKNAME: N/A

WEIGHT CLASSES: Bantamweight

AGE: 29
HEIGHT: 5'6"
REACH: 70"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	85
Cardio	72
Footwork	79

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	85
Clinch Striking	81
Ground Striking	74
Clinch Grapple	78
Takedown	74
Ground Top Grapple	83
Ground Bottom Grapple	82
Submission	82

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	75
Clinch Striking	75
Ground Striking	75
Clinch Grapple	79
Takedown	78
Ground Top Grapple	81
Ground Bottom Grapple	83
Submission	80

ULTIMATE TECHNIQUES

RIGHT FLYING KNEE

Level 2—Both Standing, Striking Range

Unleash this lightning-quick knee by first performing a step before throwing the knee. This technique strike packs a punch and can be slipped in to rock unsuspecting rivals.

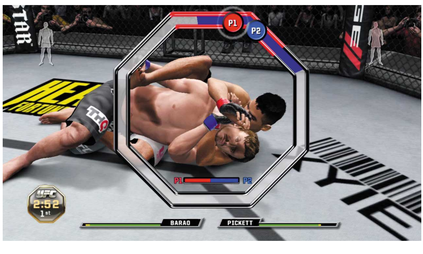
STRONG LEFT/RIGHT KNEE

Level 2—Muay Thai Clinch, Offense

Barao's knees are equally lethal in the clinch. Tie up in the Muay Thai Clinch and unleash these punishing technique strikes to work the opponent over.

DIRECT CATCH TO ARM TRAP REAR NAKED CHOKE

Level 2—Back Side Control, Top



Throw the opponent to the mat from the Back Clinch to land in Back Side Control, then quickly lock in this incredibly effective choke to end his night with a fantastic sub.

STRENGTHS

- Submissions
- Striking
- Training camp

Renan Barao is a well-rounded fighter with excellent submission grappling ability coupled with knockout power and lightning-fast strikes. His kicks are especially effective and come at laser speed, landing hard from afar and sapping the will to fight from his foes.

Barao is also dangerous in the clinch, where he can unleash crushing knees or bring his opponents to the ground with powerful throws. Once the action hits the floor, Barao is free to work his exceptional ground game.

Barao is equally dangerous from the top or bottom, able to dominate with superior grappling control and lock in painful submissions from all manner of positions.

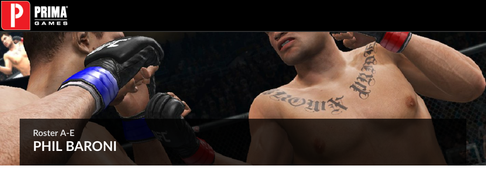
WEAKNESSES

- Cardio
- Takedowns
- Striking defense

Barao is a dangerous opponent whose well-rounded skills make him an offensive juggernaut. He is susceptible to strikes, however, and his poor cardio can give strategic counter-fighters a means to defeating him.

Be patient when fighting Barao, but look to land strikes when the chance permits, especially kicks to the legs and midsection—these will frustrate him because they interrupt his combos and erode his stamina.

Become more aggressive as you begin to wear Barao down, pushing the pace to force him to continue to work and drain his lackluster gas tank.



Roster A-E

PHIL BARONI

NICKNAME: The New York Bad Ass

WEIGHT CLASSES: Welterweight (PRIDE)

AGE: 30
HEIGHT: 5'9"
REACH: 72"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	76
Speed	82
Cardio	76
Footwork	83

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	72
Clinch Striking	81
Ground Striking	84
Clinch Grapple	76
Takedown	76
Ground Top Grapple	75
Ground Bottom Grapple	74
Submission	63

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	68
Standing Kicks	78
Clinch Striking	74
Ground Striking	79
Clinch Grapple	79
Takedown	83
Ground Top Grapple	78
Ground Bottom Grapple	77
Submission	75

ULTIMATE TECHNIQUES

LEFT OVER STRONG HOOK

Level 2—Both Standing, Striking Range

The New York Bad Ass packs a punch, especially when he connects with this standing technique strike, which comes at the opponent fast and has a very good range.

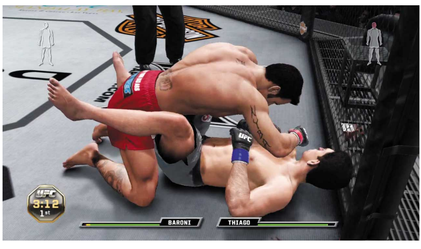
LEFT/RIGHT UPPERCUT

Level 2—Muay Thai Clinch

Move to the Muay Thai Clinch so that Baroni can utilize some dirty boxing and unleash these heavy bombs.

LEFT/RIGHT HAMMER FIST

Level 2—Open Guard, Top



Secure the takedown, posture up, and then start pounding away with hammer fists from the top. These devastating blows are available to Baroni in many ground positions.

STRENGTHS

- Knockout power
- Heart
- Aggressive style

"The New York Bad Ass," Phil Baroni wins most of his fights by overwhelming his opponents with relentless aggression. A powerful boxer whose hands can put opponents to sleep in a blink, Baroni enjoys moving forward and chasing after the KO.

Use his speed and striking power to land sharp blows and short combos, but avoid prolonged exchanges in an effort to spare Baroni's lackluster gas tank. If the opponent is getting the better of you on the feet, use Phil's speed to close in so you can clinch or score a takedown.

The New York Bad Ass can devastate his opponents with overwhelming strikes in the clinch or on the ground as well as on the feet.

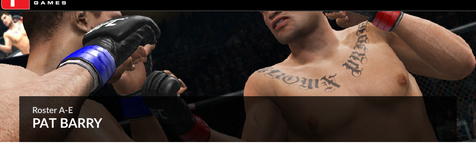
WEAKNESSES

- Kicks
- Submissions
- Standing strike defense

Baroni is a brawler with great speed and power in his hands, but his poor cardio and standing strike defense make him vulnerable to his opponent's punches on the feet.

Try to rock Baroni in the stand-up battle by throwing powerful punches, and look to work the body as well as the head to attack Baroni's stamina. Beat him in the striking battle if you're able to overcome his speed—otherwise, go for a takedown and try to advance position, working to secure a submission.

You don't need to fear Baroni's abysmal jiu-jitsu game on the ground—simply focus on blocking his strikes and improving position if you ever find yourself stuck on bottom.



Roster A-E

PAT BARRY

NICKNAME: HD
WEIGHT CLASSES: Heavyweight
AGE: 32
HEIGHT: 5'11"
REACH: 7 4.5"
STANCE: Orthodox and Switch
OVERALL RATING: 81

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	81
Cardio	73
Footwork	85

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	86
Clinch Striking	74
Ground Striking	76
Clinch Grapple	68
Takedown	60
Ground Top Grapple	60
Ground Bottom Grapple	60
Submission	57

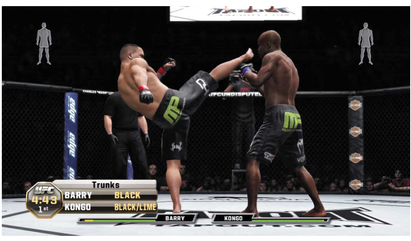
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	82
Clinch Striking	82
Ground Striking	71
Clinch Grapple	68
Takedown	69
Ground Top Grapple	64
Ground Bottom Grapple	63
Submission	62

ULTIMATE TECHNIQUES

RIGHT MUAY THAI KICK

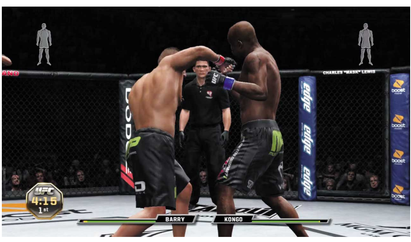
Level 2—Both Standing, Striking Range



Pat Barry's legs are lethal weapons , and this is his most powerful kick. Throw this quick head kick to rock your opponent in a flash.

RIGHT CHOPPING HOOK

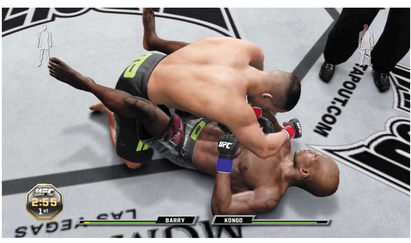
Level 3—Both Standing, Clinch Range



When Barry manages to get inside, he can land a devastating hook that's as quick and technical as they come. Use this potent strike to set up Barry's kicks, and vice versa.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top



Though Barry's strength lies in the realm of kickboxing, he's able to rip off some heavy hooks on the ground. Remain unpredictable with a surprise takedown and a few of these bad boys.

STRENGTHS

- Pro kickboxer
- Speed
- Knockout power

Some might consider Pat Barry to be a one-dimensional fighter, but few can argue with his success in his particular field of sports combat—the crushing force behind Barry's kicks stops his opponents dead in their tracks.

Use his exceptional speed on the feet to maintain striking distance and land fluid combos and punishing kicks, for which "HD" is renowned. Leg kicks are especially effective—mix in plenty of these to slow opponents, making them even easier for this gifted kickboxer to pick apart on the feet.

Expect the opponent to try to clinch or shoot in the hope of escaping Barry's kicks and exploiting his lackluster grappling game. Pick your strikes wisely on the feet and always be ready to deny the opponent's attempts to grapple.

WEAKNESSES

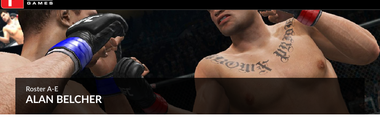
- Cardio
- Ground grappling
- Submission defense

Barry is a force to be reckoned with when standing and trading blows on the feet, but he struggles to remain competitive in most other areas of the fight game.

Be aggressive and strike with "HD" until he starts coming forward, then slip in and clinch up, or duck under a power shot and score a short takedown.

Strive to turn the fight into a grappling match, thereby nullifying Barry's greatest strengths and taking him out of his element. Punish him with clinch strikes or some heavy ground-and-pound, passing his low-level guard with ease to assume dominant top position.

Attack Barry's body to drain his stamina, then lock in a tight submission from an advantageous sub position to ensure you earn the tap.



Roster A-E

ALAN BELCHER

NICKNAME: The Talent
WEIGHT CLASSES: Middleweight
AGE: 37
HEIGHT : 6'2"
REACH: 75"
STANCE : Orthodox and Switch
OVERALL RATING : 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	77
Cardio	74
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	84
Clinch Striking	84
Ground Striking	74
Clinch Grapple	72
Takedown	73
Ground Top Grapple	68
Ground Bottom Grapple	66
Submission	73

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	80
Clinch Striking	84
Ground Striking	78
Clinch Grapple	74
Takedown	78
Ground Top Grapple	75
Ground Bottom Grapple	77
Submission	71

ULTIMATE TECHNIQUES

RIGHT LONG SUPERMAN PUNCH

Level 2—Both Standing, Clinch Range

Please click to enlarge

"The Talent" has some powerful and unorthodox strikes, including this rangy punch, which helps him close in from the outside so he can begin to work his brutal clinch game.

STRONG LEFT/RIGHT KNEE

Level 1—Muay Thai Clinch Cage, Offense

Please click to enlarge

Shove the opponent into the cage in the Muay Thai Clinch, then unleash these punishing knees. These can also be thrown in the regular Muay Thai Clinch, but they gain more weight here.

SUPLEX TO SIDE CONTROL, TOP

Level 2—Double Underhook, Offense

Please click to enlarge

Belcher's ground grappling isn't spectacular, but you can quickly set him up in Side Control with this effective wrestling throw from the Double Underhook clinch.

STRENGTHS

- Well rounded
- Conditioning
- Experience

Alan "The Talent" Belcher is a natural fighter who often outworks his opponents by finding and exploiting their weaknesses during the fight. When you want to mix things up on the feet, use Belcher's impressive footwork to set up your strike combos and power shots.

If you'd rather not risk exchanges with another dangerous striker, transition to the clinch and pour on the offense with brutal clinch strikes instead.

Belcher's grappling ability leaves something to be desired, but "The Talent" can score huge suplex takedowns from various clinch positions that land him in dominant Side Control on the ground.

When he finds himself stuck on bottom on the ground, he can use technique transitions from several positions to shift into Butterfly Guard, from which he can escape back up to standing.

Belcher's toughness is without question, so feel comfortable opening up on offense more often.

WEAKNESSES

- Ground grappling
- Takedowns
- Submission defense

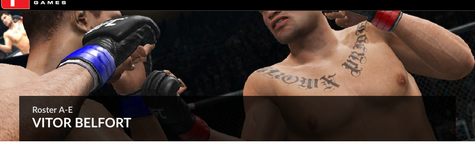
"The Talent" doesn't have many glaring weaknesses, but he does suffer from poor takedown ability and a notable deficiency in offensive ground grappling skill.

Belcher is far more dangerous on the feet or in the clinch than he is on the ground, so it's usually wise to bring the fight to the mat as quickly as possible.

"The Talent" can be taken out by a well-timed submission, so work at getting him to the ground, passing his guard, and moving into dominant sub position.

Soften him up with some body shots to drain his stamina, and keep wearinghim down to improve your chances of finishing a sub.

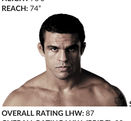
If you must fight Belcher in the clinch or on the feet, push the pace and go for body shots to attack his stamina.



Roster A-E

VITOR BELFORT

NICKNAME: The Phenom
WEIGHT CLASSES: Light Heavyweight and Middleweight
AGE: 34
HEIGHT : 6'0"
REACH: 74"



STANCE: Southpaw
OVERALL RATING LHW: 87
OVERALL RATING LHW: (PRIDE): 89
OVERALL RATING MW: 88
OVERALL RATING MW (PRIDE): 89

ATTRIBUTES

ATTRIBUTE	LHW	LHW (PRIDE)	MW	MW (PRIDE)
Strength	75	77	74	77
Speed	83	89	88	89
Cardio	74	82	75	82
Footwork	80	84	81	84

OFFENSIVE SKILLS

SKILL	LHW	LHW (PRIDE)	MW	MW (PRIDE)
Standing Strikes	87	88	87	88
Standing Kicks	75	76	75	76
Clinch Striking	78	79	78	79
Ground Striking	77	77	77	77
Clinch Grapple	74	74	74	74
Takedown	73	73	73	73
Ground Top Grapple	74	74	74	74
Ground Bottom Grapple	74	74	74	74
Submission	72	72	72	72

DEFENSIVE SKILLS

SKILL	LHW	LHW (PRIDE)	MW	MW (PRIDE)
Standing Strikes	86	86	86	86
Standing Kicks	86	86	86	86
Clinch Striking	82	82	82	82
Ground Striking	75	75	75	75
Clinch Grapple	75	75	75	75
Takedown	77	77	77	77
Ground Top Grapple	79	79	79	79
Ground Bottom Grapple	75	75	75	75
Submission	80	80	80	80

ULTIMATE TECHNIQUES

LEFT HEAVY STRAIGHT

Level 3—Both Standing, Striking Range

"The Phenom" is known for packing a lethal straight left, and this is it. You won't need to connect with this laser-like strike many times before you send the opponent reeling.

LEFT UPPERCUT

Level 3—Single Collar Tie

Belfort's left hand is just as deadly in the clinch as it is when he's standing and exchanging on the feet. Land this punishing uppercut from the easy-access Single Collar Tie.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top

Belfort's a beast on the feet, but for a little variety, take the opponent to the ground and posture up into sub position so you can pound away with his heavy hooks.

STRENGTHS

- Boxing
- Speed
- Experience

A former UFC middleweight champion, Vitor Belfort is renowned for his overwhelming stand-up game. His strikes come with great speed and accuracy, and "The Phenom" excels at combining his hands into fast, fluid combo that often manage to catch his opponents off guard.

Take full advantage of Belfort's tremendous striking speed to light up his opponents with well-timed quick strike combos.

Mix in power strikes as you begin to establish a rhythm, but don't throw too many heavy blows—remain tactical in your offense and be ready to prevent the opponent's attempts to clinch up or take you down.

Keep the fight standing and keep your rivals at the end of his long and lethal punches to bring them crashing to the mat with some phenomenal knockouts.

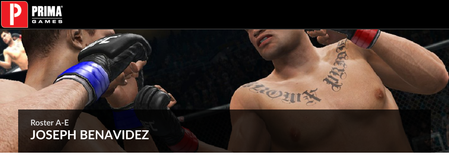
WEAKNESSES

- Takedowns
- Submissions
- Ground grappling

"The Phenom" is a force whose stand-up skills must be respected. Keep your hands up as you look for a chance to clinch up or shoot in for a takedown—you don't want to get caught up exchanging with this quick and powerful boxer for any longer than you have to.

Bring Belfort to the ground as soon as you're able to nullify his overwhelming stand-up game, then work at passing his relatively low-level guard and smashing him with heavy strikes from dominant top position.

His submission game isn't as polished as his striking, but "The Phenom" is good at fending off subs—work at setting up your submissions by wearing Belfort down on the ground before attempting to lock in a hold.



Roster A-E
JOSEPH BENAVIDEZ

NICKNAME:

Joe B-Wan Kenobi

WEIGHT CLASSES:

Bantamweight

AGE: 27
HEIGHT: 5'4"
REACH: 66"
STANCE: Orthodox and Switch
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	92
Cardio	80
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	74
Clinch Striking	75
Ground Striking	80
Clinch Grapple	79
Takedown	84
Ground Top Grapple	80
Ground Bottom Grapple	74
Submission	74

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	75
Clinch Striking	75
Ground Striking	78
Clinch Grapple	83
Takedown	84
Ground Top Grapple	78
Ground Bottom Grapple	75
Submission	76

ULTIMATE TECHNIQUES

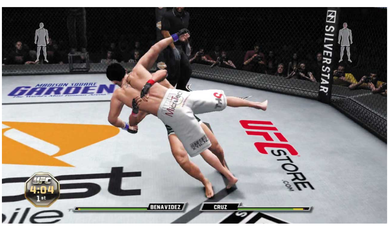
DUCKING LEFT/RIGHT HOOK

Level 2—Both Standing, Striking Range

Benavidez has excellent hand speed—throw these technique strikes to batter his opponents with powerful ducking blows. Try comboing between them to pile on the damage.

SUPLEX TO SIDE CONTROL, TOP

Level 2—Double Underhook, Offense



Though his takedowns are excellent, "Joe B-Wan" can quickly reach dominant ground position by first entering the Double Underhook clinch, then throwing his opponent to land in Side Control.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3—Sprawl, Top

Benavidez has great takedown defense and can apply a nasty guillotine when he manages to stuff the opponent's shots. Go for this choke to end the fight fast.

STRENGTHS

- Conditioning
- Speed
- Training camp

A long-standing member of Team Alpha Male, Joseph "Joe B-Wan Kenobi" Benavidez is a tremendous athlete with great heart and fantastic technique.

Use his blistering hand speed to stun the opponent with crisp striking combos on the feet, then shoot for a takedown to score points on the floor with some punishing ground-and-pound.

Benavidez is a monster while on top, utilizing solid grappling control to achieve and maintain dominant top position, and then employing strong ground striking to punish the bottom opponent with vicious blows.

"Joe B-Wan" also has excellent takedown defense, coupled with a nasty guillotine choke from positions such as Open Guard Cage, Bottom and Sprawl, Top that can quickly end a rival's night.

Look to lock in this crushing choke whenever the chance permits—it's by far Benavidez's best sub.

WEAKNESSES

- Kicks
- Ground bottom grappling
- Submissions

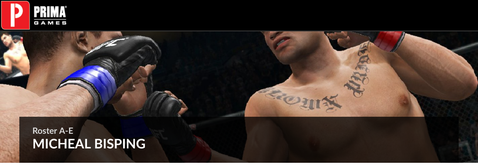
Though his striking game is fast and effective, "Joe B-Wan" prefers to use his hands a little too much, and suffers from a lack of kicking strength.

Elusive opponents have been able to exploit this in the past, keeping Benavidez at the end of their rangy punches and kicks to outpoint him from the outside.

While Joseph is dangerous on top on the ground, he's less effective while trapped on bottom. Try working for trips and throws in the clinch instead of shooting for takedowns, however, as being caught in a sprawl puts you in danger of being choked out.

Once you get "Joe B-Wan" down, strive to keep him away from the cage, where he can also apply his trademark choke. Do this by avoiding ground clinch positions—posture up and hammer away with big, heavy strikes to the body and head from the top.

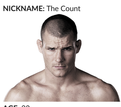
Work Joe over on the ground to wear him down and secure a TKO or decision victory.



Roster A-E

MICHEAL BISPING

NICKNAME: The Count



WEIGHT CLASSES: Middleweight
AGE: 32
HEIGHT: 6'2"
REACH: 75.5"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	76
Speed	87
Cardio	75
Footwork	79

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	78
Clinch Striking	76
Ground Striking	85
Clinch Grapple	76
Takedown	77
Ground Top Grapple	70
Ground Bottom Grapple	75
Submission	73

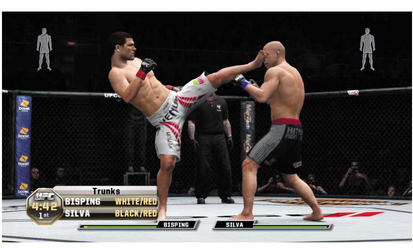
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	80
Clinch Striking	78
Ground Striking	74
Clinch Grapple	76
Takedown	78
Ground Top Grapple	76
Ground Bottom Grapple	78
Submission	79

ULTIMATE TECHNIQUES

QUICK HEAD KICK

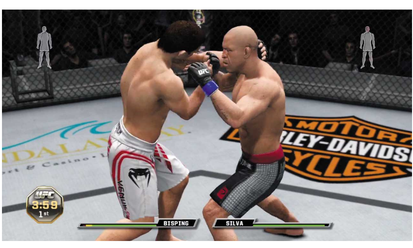
Level 2—Both Standing, Striking Range



Bisping's speed and footwork pair nicely with this fast head kick. Use this unorthodox technique strike against aggressive opponents to catch them off guard and interrupt their combos.

LEFT/RIGHT UPPERCUT

Level 2—Muay Thai Clinch, Offense



The closeness of the clinch allows "The Count" to batter his opponent with strong uppercuts. Similar technique strikes are also available in the Single Collar Tie.

LEFT/RIGHT HAMMER FIST

Level 2—Open Guard, Top

Once he brings his opponent to the mat, Bisping can unleash some incredibly brutal ground-and-pound in the form of devastating hammer fists. These technique strikes are available in nearly all sub positions.

STRENGTHS

- Striking
- Ground-and-pound
- Discipline

Michael "The Count" Bisping is a well-rounded fighter with strong kickboxing and excellent ground-and-pound. Unleash his quick combos when exchanging with opponents to beat them on the feet with Bisping's excellent speed and timing.

Frustrate rivals with kicks from the outside—Bisping has strong technique kicks that can rock opponents fast. If the opponent opens up with aggressive combos and power strikes, shoot in for a short takedown so you can begin to work Bisping's crushing ground-and-pound.

"The Count" isn't great at passing guard while on top, but he can bring down heavy hammer fists in nearly all ground positions once he manages to posture up into sub position.

Look for these brutal technique strikes each time Bisping succeeds in bringing his opponent to the mat.

WEAKNESSES

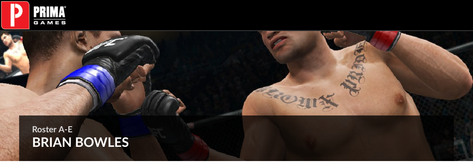
- Clinch game
- Ground top grappling
- Submissions

Though dangerous with his striking on the feet and on the ground, "The Count" suffersfrom a lackluster clinch game that can be exploited by opponents who shine in that field of combat.

While clinching with "The Count" puts you at greater risk of being taken down, Bisping's ground control is not particularly strong from the top, and it's relatively easy to prevent his transitions and work your way back up to your feet.

Bisping's submission game also falls short of many of his peers, so you've little to fear except his fists while he's on top.

Dictate the pace of the fight by controlling "The Count" in the clinch or on the ground, breaking him down with punishing strikes to the body and head without giving up position.



Roster A-E

BRIAN BOWLES

NICKNAME: N/A

WEIGHT CLASSES: Bantamweight

AGE: 31
HEIGHT: 5'7"
REACH: 70.5"
STANCE: Orthodox and Switch
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	84
Cardio	78
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	85
Standing Kicks	71
Clinch Striking	80
Ground Striking	81
Clinch Grapple	79
Takedown	76
Ground Top Grapple	81
Ground Bottom Grapple	81
Submission	81

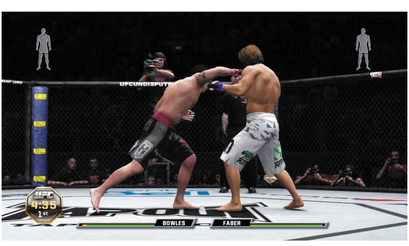
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	75
Clinch Striking	75
Ground Striking	71
Clinch Grapple	80
Takedown	76
Ground Top Grapple	80
Ground Bottom Grapple	82
Submission	82

ULTIMATE TECHNIQUES

WEAVING OVERHAND RIGHT

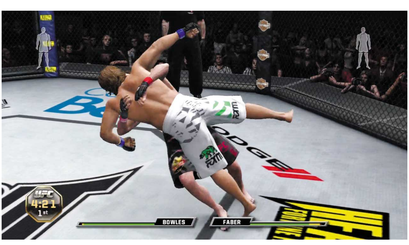
Level 3—Both Standing, Striking Range



Brian Bowles can uncork a nasty overhand right while standing and trading with his opponent on the feet. This is his most powerful standing technique strike, so make good use of it.

SUPLEX TO SIDE CONTROL, TOP

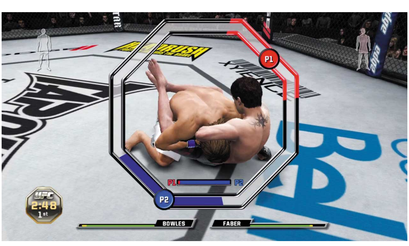
Level 2—Double Underhook, Offense



While working Bowles' strong clinch game, go for a huge suplex from Double Underhook, Offense. It'll score big points with the judges and land you in dominant position on the ground.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3—Sprawl, Top



Because Bowles is so dangerous on the feet, his opponents are likely to try shooting in on him sooner or later. Sprawl, then counter with this excellent choke to force the tap.

STRENGTHS

- Very well rounded
- Strength
- Finishing ability

Brian Bowles is a tough, well-rounded fighter who has the advantage of being able to finish his opponent at any time, in any position. What he lacks in finesse he makes up for with sheer strength, speed, and determination.

Bowles prefers to throw hands, so focus on landing his powerful technique strikes on the feet, adding them to his quick strike combos. Once you've drawn the opponent into the stand-up battle, change levels and score a short takedown to bring the fight to the ground.

Here, Bowles can unleash some of his vicious ground-and-pound or work to secure a submission. Brian's best subs are his armbars and chokes from dominant top positions such as Mount and Salaverry, which you can reach by performing a technique transition from Side Control.

He also has a fantastic guillotine that can be locked in each time you manage to sprawl against the opponent's takedown.

WEAKNESSES

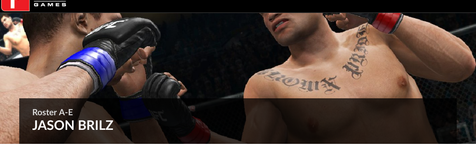
- Kicks
- Ground strike defense
- Takedowns

There aren't many holes in Bowles's game, but he is somewhat vulnerable to the takedown. This, coupled with his poor defense against ground-and-pound, has allowed certain opponents to overwhelm him on the mat in the past.

Though Brian's hands are lethal, his kicks are far less threatening—it's therefore possible to have success against him by fighting him from the outside.

Frustrate Bowles with long punches and kicks until he's forced to fight his way inside, then look for the takedown so you can work him over with some heavy ground-and-pound from the top. Bowles is good at slipping out of subs, so don't risk giving up your position.

Stay on top and sneak in brutal strikes as you work at advancing and improving to an even more dominant spot.



Roster A-E

JASON BRILZ

NICKNAME: Hitman

WEIGHT CLASSES: Light Heavyweight

AGE: 36
HEIGHT : 5'11"
REACH: 71.5"
STANCE: Orthodox
OVERALL RATING: 82

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	65
Cardio	76
Footwork	71

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	63
Clinch Striking	75
Ground Striking	74
Clinch Grapple	73
Takedown	75
Ground Top Grapple	72
Ground Bottom Grapple	77
Submission	74

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	68
Standing Kicks	66
Clinch Striking	74
Ground Striking	72
Clinch Grapple	72
Takedown	75
Ground Top Grapple	76
Ground Bottom Grapple	79
Submission	80

ULTIMATE TECHNIQUES

WEAVING OVERHAND RIGHT

Level 2—Both Standing, Striking Range

Brilz has good striking power, so work this effective technique strike to rock the opponent with heavy overhand rights. Landing this blow over and over can be a key to victory with Brilz.

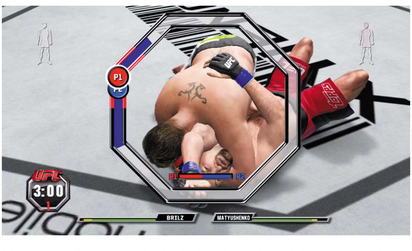
SUPLEX TO SIDE CONTROL, TOP

Level 2—Double Underhook, Offense

"Hitman" fares better in the clinch than he does while striking. Grab the opponent in a Double Underhook clinch, then suplex him to land in Side Control, where Brilz can work for subs.

DIRECT CATCH TO ARM TRIANGLE CHOKE

Level 2—Side Control, Top



Brilz can work a very effective arm triangle choke from Side Control. Score a suplex from the Double Underhook clinch or simply pass to Side Control, then go for the win with this finisher

STRENGTHS

- Wrestling
- Submissions
- Takedowns

Jason "Hitman" Brilz is a scrappy light heavyweight submission wrestler. He often doesn't fare well while standing and exchanging with rival strikers, so work at bringing the fight to the clinch, where he has much better defense and control.

Brilz can do some decent damage with his uppercuts in the Muay Thai Clinch, or he can suplex the opponent to the ground in the Double Underhook clinch, landing on top in dominant Side Control.

From here, "Hitman" can punish his rival with body shots, softening him up for strong arm triangle chokes that Brilz can apply from Side Control.

If you don't like to fight in the clinch, he also has a pretty decent standing takedown—but his lack of speed and footwork on the feet can make takedowns tough to set up.

WEAKNESSES

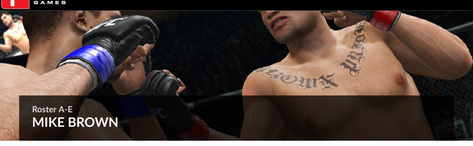
- Speed
- Kicks
- Standing strike defense

With low speed and poor defense against standing strikes, "Hitman" is highly vulnerable during striking exchanges. Exploit these key vulnerabilities by keeping the fight standing and keeping Brilz on the end of your punches and kicks.

He's not effective at retaliating with kicks of his own, so you can really work him over from the outside. Brilz can also be overwhelmed in other areas of the fight game, but he's by far the most vulnerable while the fight is kept standing.

Pick "Hitman" apart with kicks and quick strikes from the outside; be ready to block his clinch and takedown attempts as you batter his legs, body, and head.

If you decide to take Jason to the mat, you'll find that he has surprisingly good ground defense off his back and can improve his position and slip out of subs.



Roster A-E

MIKE BROWN

NICKNAME: N/A

WEIGHT CLASSES: Featherweight

AGE:
36
HEIGHT: 5'6"
REACH: 70"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	76
Cardio	73
Footwork	79

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	73
Clinch Striking	75
Ground Striking	81
Clinch Grapple	73
Takedown	80
Ground Top Grapple	80
Ground Bottom Grapple	72
Submission	73

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	76
Clinch Striking	77
Ground Striking	82
Clinch Grapple	73
Takedown	82
Ground Top Grapple	81
Ground Bottom Grapple	77
Submission	80

ULTIMATE TECHNIQUES

DRIVING DOUBLE LEG TAKEDOWN

Level 3—Both Standing, Striking Range

Brown has an excellent takedown that can overpower most opponents and force them onto their back. Take your rival to the mat with a takedown ASAP.

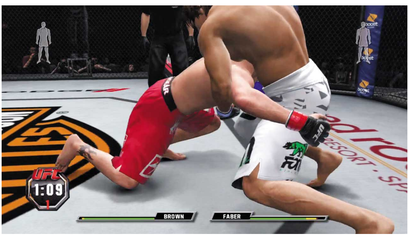
SUPLEX TO SIDE CONTROL, TOP

Level 2—Double Underhook, Offense

This powerful wrestling throw lands Brown in dominant Side Control. Advance to North/South position and then work at securing a choke.

SWEEP TRANSITION TO OPEN GUARD, TOP

Level 2—Sprawl, Bottom



Brown has great takedown ability—and should his shot somehow be stuffed, he can escape from the bottom of the Sprawl position with an aggressive sweep that lands him on top in Open Guard.

STRENGTHS

- Knockout power
- Submissions
- Aggressive style

Mike Brown is a strong featherweight grappler with great takedowns and brutal ground-and-pound. Brown is at his best when he's got his opponent pinned to the mat and is raining down heavy strikes from the top.

Use his powerful, driving takedowns to bring the opponent to the ground—and if he somehow manages to stuff your shot, try performing a technique transition sweep to Open Guard.

Brown is a beast on top, able to punish his opponents with crushing hooks and hammer fists from many dominant ground positions—use his exceptional grappling ability to posture up into sub position and fire away, battering your rival to achieve the TKO.

WEAKNESSES

- Speed
- Cardio
- Clinch grappling

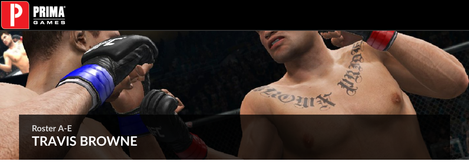
Brown is slow compared to most other featherweights, which places him at risk of being countered on the feet. His cardio is also somewhat lacking, so it's possible to remain conservative and outwork him over the course of the fight.

Be patient against Brown and don't let him get his hands on you. Avoid the grappling game and out-strike him on the feet with superior speed and reflexes.

Deny all of his takedowns and clinch attempts, and beware of his ability to sweep you onto your back even after you sprawl and stuff his shot.

If your fighter is also a skilled grappler, try clinching up with Mike—you'll find he lacks control in this area of the fight game.

Score a takedown from the clinch and control Brown from the top—he isn't particularly good at improving his position on bottom or escaping back up to standing.



Roster A-E

TRAVIS BROWNE

NICKNAME: Hapa

WEIGHT CLASSES: Heavyweight

AGE: 30
HEIGHT: 6'7"
REACH: 80"
STANCE: Orthodox and Switch
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	73
Cardio	75
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	68
Clinch Striking	76
Ground Striking	80
Clinch Grapple	78
Takedown	71
Ground Top Grapple	79
Ground Bottom Grapple	67
Submission	66

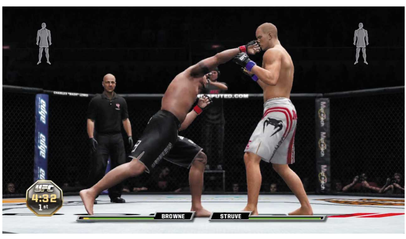
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	77
Clinch Striking	77
Ground Striking	77
Clinch Grapple	72
Takedown	75
Ground Top Grapple	78
Ground Bottom Grapple	71
Submission	70

ULTIMATE TECHNIQUES

LUNGING RIGHT STRAIGHT

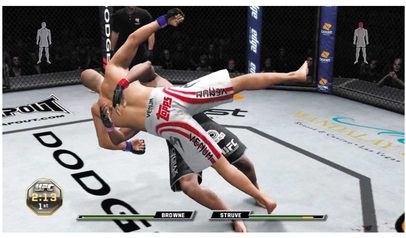
Level 2—Both Standing, Striking Range



Though Browne knows some decent technique kicks, this heavy right hand is his most powerful standing strike. Throw this just after stepping forward to close in and clobber the opponent.

SUPLEX TO SIDE CONTROL, TOP

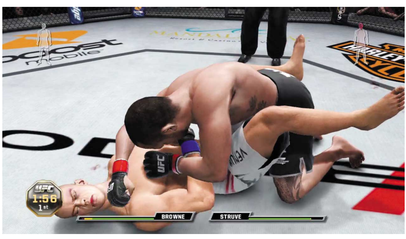
Level 2—Double Underhook, Offense



Browne has excellent ground-and-pound, but his takedowns aren't always effective. Lock up in the Double Underhook clinch, then suplex the opponent to Side Control on the ground.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top



Browne can batter his opponents with brutal ground-and-pound in the form of hooks thrown from various sub positions. This includes Half Guard and Mount as well as Open Guard.

STRENGTHS

- Striking
- Grappling
- Size

Travis Browne is a big, powerful heavyweight brawler with knockout power on the feet and an overwhelming ground-and-pound game.

Though Browne can do some damage with his fists, his stand-up game is somewhat limited due to his poor speed—it's therefore best to transition to the grappling game as quickly as possible, ideally bringing the opponent to the ground to dish out Browne's offense more comfortably from the top.

Beware of grappling against submission specialists, however, as Travis is susceptible to subs and has difficulty fighting off of his back.

Try to remain standing against these opponents, and look to land quick defensive strikes while maintaining your distance.

If you must take a dangerous submission opponent down, simply try to maintain top position as you defend against transitions and subs, looking to grind out a victory.

WEAKNESSES

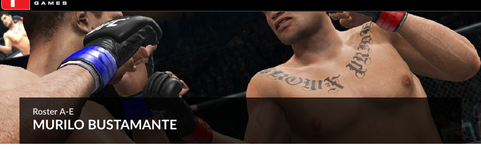
- Speed
- Kicks
- Submissions

Most heavyweights are somewhat slow, but Browne is a bit slower than most, which places him at risk of being countered and out-struck by many of his rivals on the feet.

Exploit this by keeping your distance on the feet and landing long, sharp counters each time Browne attempts to initiate a sluggish striking exchange.

He's vulnerable to submissions and has trouble fighting off of his back, so feel free to dive in for takedowns if he's foolishly being too aggressive on the feet.

Control him from the top on the ground, passing to dominant position and working to secure crippling submissions, which Browne will have difficulty fighting his way out of.



Roster A-E

MURILO BUSTAMANTE

NICKNAME: N/A

WEIGHT CLASSES: Middleweight (PRIDE) and Welterweight (PRIDE)
AGE: 40
HEIGHT: 6'1"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	MW (PRIDE)	WW (PRIDE)
Strength	77	76
Speed	83	83
Cardio	86	86
Footwork	75	77

OFFENSIVE SKILLS

SKILL	MW (PRIDE)	WW (PRIDE)
Standing Strikes	79	79
Standing Kicks	72	72
Clinch Striking	70	70
Ground Striking	74	74
Clinch Grapple	77	77
Takedown	76	76
Ground Top Grapple	83	83
Ground Bottom Grapple	80	80
Submission	83	83

DEFENSIVE SKILLS

SKILL	MW (PRIDE)	WW (PRIDE)
Standing Strikes	79	79
Standing Kicks	76	76
Clinch Striking	77	77
Ground Striking	77	77
Clinch Grapple	75	75
Takedown	80	80
Ground Top Grapple	83	83
Ground Bottom Grapple	82	82
Submission	85	85

ULTIMATE TECHNIQUES

SHOOT TO DOUBLE LEG TAKEDOWN

Level 2—Both Standing, Striking Range

Bustamante has some speed in his hands, but don't mess around for long on the feet—shoot in with his driving double leg takedown to bring the fight into his world.

PULL GUARD TO OPEN GUARD CLINCH, BOTTOM

Level 3—Double Underhook, Offense

Bustamante wants to fight on the ground, and he's excellent at pulling guard to bring the fight into his realm of submission grappling. He can perform this high-level technique from many different clinches.

DIRECT CATCH TO TRIANGLE CHOKE

Level 3—Open Guard Clinch, Bottom

After pulling guard or otherwise trapping the opponent in a ground clinch, Bustamante can lock in a tight technique submission from the bottom that's incredibly difficult to escape.

STRENGTHS

- Submissions
- Takedowns
- Experience

Murilo Bustamante was a feared submission grappler back in the days of PRIDE. Equally dangerous on top or off his back, Busta-mante's goal is to bring the opponent to the ground one way or another, and he has beenknown to pull guard from a clinch in order to get the job done.

Even though this lands Bustamante on his back, he can still attempt extremely effective submissions off of his back, including triangles and kimuras from the bottom that have a high degree of success.

If one submission is about to fail, utilize Bustamante's ability toswitch to another sub—he can switch between submissions in several different positions, so look for the Submission Switch icon and switch subs to give him more time to secure the tap.

WEAKNESSES

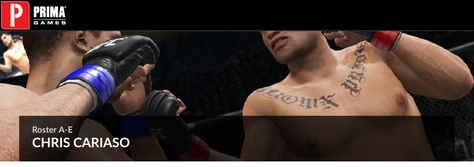
- Kicks
- Clinch striking
- Footwork

Bustamante may be a terror on the ground, but his stand-up and clinch games aren't nearly as formidable.

Expect Bustamante toregularly shoot for takedowns on the feet, and remain ready to prevent each attempt by keeping your distance and welting up his legs, body, and face with quick punches and kicks from the outside.

Don't overcommit to a striking exchange or you'll quickly be taken down by Bustamante. Use strong strikes and technique strikes sparingly as well.

Fighting Bustamante in the clinch is dangerous because he's able to pull guard in many different positions—it's better to simply maintain striking distance and avoid the grappling game altogether when fighting this former warrior of PRIDE.



Roster A-E

CHRIS CARIASO

NICKNAME: Kamikaze

WEIGHT CLASSES: Bantamweight

AGE: 30
HEIGHT: 5'3"
REACH: 64.5"
STANCE: Southpaw
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	79
Speed	86
Cardio	72
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	76
Clinch Striking	73
Ground Striking	74
Clinch Grapple	74
Takedown	71
Ground Top Grapple	73
Ground Bottom Grapple	74
Submission	72

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	75
Clinch Striking	75
Ground Striking	71
Clinch Grapple	75
Takedown	78
Ground Top Grapple	71
Ground Bottom Grapple	75
Submission	74

ULTIMATE TECHNIQUES

LEFT/RIGHT GUARDED HOOK

Level 2—Both Standing, Striking Range

These two rangy haymakers are thrown with great force and can help Cariaso rock his opponents from the outside. Combo between them to really bring the fury.

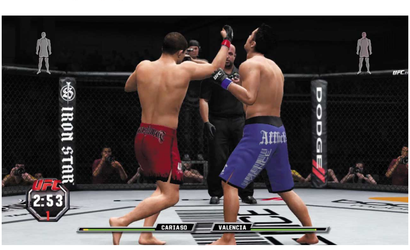
JUDO ASHI BARAI TO HALF GUARD, TOP

Level 3—Over/Under Hook

When you tire of working over your opponent in the stand-up game, lock up in the Single Collar Tie clinch and then transition to Over/Under Hook to perform this excellent judo clinch trip.

RIGHT STRONG UPPERCUT

Level 2—Both Standing, Striking Range



This fast and heavy upward punch packs plenty of power and is perfect for catching opponents in the face as they attempt to dive in for a takedown.

STRENGTHS

- Muay Thai
- Boxing
- Leg kicks

Chris "Kamikaze" Cariaso is a fast and powerful kickboxer with devastating power in both his hands and feet. Use his agility to remain elusive, landing leg kicks to punish the opponent and slow him down—this will make your rival easier to outmaneuver and counter.

Cariaso suffers from limited skill in most other areas of the fight game, but he does possess an incredibly effective judo trip from the Over/Under Hook clinch that quickly lands him in Half Guard—a good position in which to posture up and bring down some heavy ground-and-pound.

Chris won't fare well on the ground against gifted submission artists, however, so don't try clinching up or taking these types of opponents to the mat—keep the fight standing by keeping your distance, and punish these rivals with fast, elusive kickboxing techniques.

WEAKNESSES

- Takedowns
- Ground striking
- Submissions

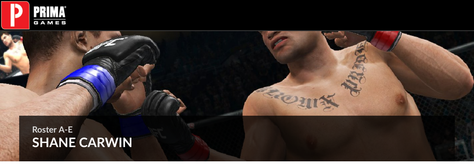
"Kamikaze" is a dangerous striker whose stand-up game must be respected, but he doesn't have much to offer in most other areas of the fight game.

Don't risk exchanging with this quick kickboxer on the feet for long—only use your striking as a means of setting up your takedowns, with the primary goal of putting Cariaso on his back and taking him out of his element.

"Kamikaze" is relatively easy to control once you've got him on the mat, and he has very limited submission skill.

He isn't even particularly good at ground defense, suffering heavy damage from his opponents' ground-and-pound.

Cariaso has solid takedown defense, however, so you'll need to risk engaging him on the feet in order to create openings to successfully shoot in.



Roster A-E

SHANE CARWIN

NICKNAME: N/A
WEIGHT CLASSES: Heavyweight
AGE: 36
HEIGHT: 6'3"
REACH: 80"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	90
Speed	73
Cardio	68
Footwork	77

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	85
Standing Kicks	63
Clinch Striking	80
Ground Striking	83
Clinch Grapple	83
Takedown	81
Ground Top Grapple	71
Ground Bottom Grapple	62
Submission	61

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	73
Clinch Striking	76
Ground Striking	72
Clinch Grapple	84
Takedown	87
Ground Top Grapple	74
Ground Bottom Grapple	66
Submission	78

ULTIMATE TECHNIQUES

Right Heavy Straight

Level 3—Both Standing, Striking Distance

Carwin's devastating punching power is brought to bear when he throws this mighty straight. This surprisingly fast technique strike's excellent range lets Carwin rock rivals from afar.

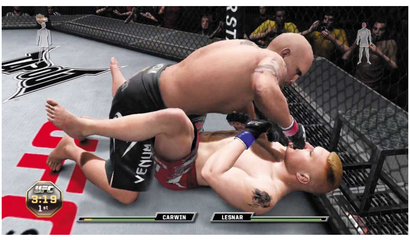
Right/Left Uppercut

Level 3—Muay Thai Clinch, Offense

Carwin can punish his rivals with brutal dirty boxing barrages brought to bear in the Muay Thai Clinch. Carwin has great clinch control, so make good use of these blows in this position.

Left/Right Hook

Level 3—Open Guard, Top



Once Carwin brings his opponent to the ground, he's able to posture up into sub position and bring down devastating hooks. These same technique strikes are available in many other sub positions as well.

STRENGTHS

- Size
- Knockout power
- Former NCAA champion

A former college wrestling champion, Shane Carwin brings a strong grappling game with him into the Octagon, and he's good at using this advantage to dictate the pace of the fight.

He's got tremendous power in his hands and is able to knock his opponent out in any position: standing, in the clinch, or on the ground. Uncork his heavy right hands while exchanging on the feet, and look to close in and clinch or shoot in and drive for powerful takedowns.

Punish Carwin's rivals with brutal technique strikes in the Muay Thai Clinch if you like, or rain down heavy technique blows while postured up in sub position on the ground.

Carwin's tremendous strength and high-level punching power help him devastate his opponents with an overwhelming onslaught of superior wrestling and sheer brutality.

WEAKNESSES

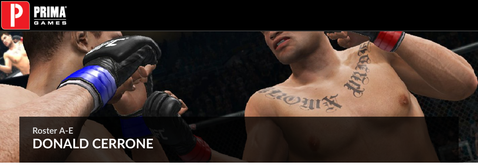
- Cardio
- Ground bottom grappling
- Submissions

Though incredibly strong and determined, Carwin is somewhat slow on his feet, allowing more agile strikers to outmaneuver him as they score with sharp counters and set up crisp, rangy combos.

Carwin's takedown defense is among the best in his division, but if you can manage to score a short takedown against him, you'll find Carwin surprisingly easy to control and damage on the ground.

Keep your distance from him on the feet, and attack him with long strikes and short combos to frustrate him and get him to open up. Then go for a surprise takedown to derail Carwin and take him out of his element.

Carwin has solid submission defense, so don't risk giving up position with a desperate sub—work your way to dominant position first, and wear Carwin down with some good old-fashioned ground-and-pound.



Roster A-E

DONALD CERRONE

NICKNAME: Cowboy
WEIGHT CLASSES: Lightweight
AGE: 28
HEIGHT: 6'0"
REACH: 73"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	70
Speed	86
Cardio	89
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	85
Clinch Striking	74
Ground Striking	73
Clinch Grapple	74
Takedown	73
Ground Top Grapple	73
Ground Bottom Grapple	80
Submission	80

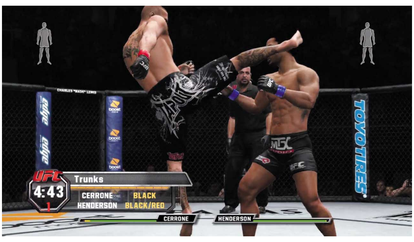
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	83
Clinch Striking	80
Ground Striking	77
Clinch Grapple	78
Takedown	75
Ground Top Grapple	77
Ground Bottom Grapple	83
Submission	81

ULTIMATE TECHNIQUES

Right Flying Head Kick

Level 2—Both Standing, Striking Range



Cerrone's kicks are fast and powerful, making them his best weapons on the feet. Throw this particularly fast head kick to rock the opponent with a sudden shin to the chin.

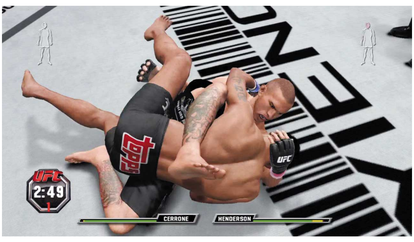
Crushing Left/Right Knee

Level 2—Muay Thai Clinch, Offense

The "Cowboy" is an accomplished clinch striker, and his knees are deadly in the Muay Thai Clinch. Press the opponent into the cage to add even more weight to Cerrone's lethal clinch knees.

Sweep Transition to Mount, Top

Level 2—Rubber Guard, Bottom



Cerrone is excellent off his back, capable of instantly rolling his opponent over and achieving full mount in one powerful sweep. Enter the Rubber Guard by performing a technique transition from Open Guard Clinch, Bottom.

STRENGTHS

- Heart
- Submissions
- Muay Thai

Donald "Cowboy" Cerrone is a dangerous lightweight with well-rounded skills and the ability to end a fight by various means from any position. His great speed and footwork help Cerrone pick apart his adversaries in the striking game.

His kicks are especially lethal—attack your opponents' legs to slow them down and make them easier prey.

"Cowboy" can unleash some brutal knees in the Muay Thai Clinch, especially after he presses his opponent into the cage—use his clinch to great advantage if you're getting rocked on the feet.

Cerrone's ground grappling and submission game are also extremely advanced—he's able to sweep his opponent from the bottom or apply dangerous submissions from nearly any spot.

Cerrone's takedowns fail to impress, but he can take a punch on the feet—open up with his striking game to lure the opponent into giving up the short takedown.

WEAKNESSES

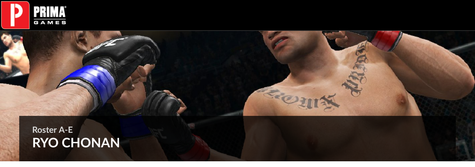
- Strength
- Takedowns
- Ground striking

With a strong mix of offense and defense, "Cowboy" is a tough opponent to face inside the Octagon. Take the initiative in the striking exchanges and try to score big punches against Cerrone on the feet.

Don't linger out in his kicking range—fight Cowboy on the inside, stringing together combos in an aggressive attempt to rock him.

Cerrone is a beast on his back, so don't risk taking him down unless you're supremely confident in your grappling ability and submission defense from the top.

Cerrone is a dangerous adversary anywhere you fight him, so rely on your fighter's strengths and remain patient, looking for openings and chances to turn the momentum of the fight with a big counter.



Roster A-E

RYO CHONAN

NICKNAME: Piranha
WEIGHT CLASSES: Welterweight (PRIDE)
AGE: 30
HEIGHT: 5'9"
REACH: 70"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	73
Speed	79
Cardio	84
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	72
Clinch Striking	73
Ground Striking	76
Clinch Grapple	74
Takedown	78
Ground Top Grapple	75
Ground Bottom Grapple	72
Submission	75

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	78
Clinch Striking	77
Ground Striking	79
Clinch Grapple	77
Takedown	80
Ground Top Grapple	77
Ground Bottom Grapple	74
Submission	79

ULTIMATE TECHNIQUES

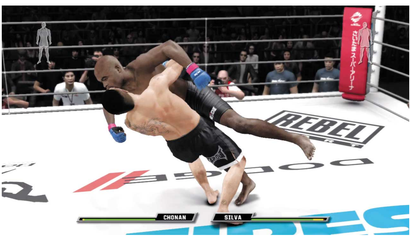
Jumping Leg Scissors to Inside Heel Hook

Level 2—Both Standing, Striking Range

"Piranha" famously used this unorthodox submission to force the great Anderson Silva to tap out during their historic meeting in PRIDE. Few opponents expect to be caught in a heel hook while standing!

Suplex to Side Control, Top

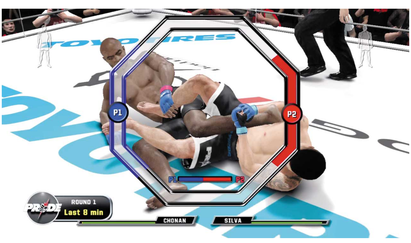
Level 1—Double Underhook, Offense



Chonan can work a pretty effective submission game on the ground. Clinch up and use this suplex to toss the opponent to the mat and land in Side Control, then work for subs.

Direct Catch to Outside Heel Hook

Level 2—Open Guard, Top



"Piranha" has excellent leg submissions, including this fast and effective heel hook that can be applied from Open Guard. Work the opponent's body to drain stamina, then drop down for the sub.

STRENGTHS

- Well rounded
- Aggressive style
- Submissions

Ryo "Piranha" Chonan was a talented PRIDE fighter who had memorable clashes back in the organization's days of glory.

Leg locks are Chonan's specialty, and he's able to switch between certain subs to increase his chances of forcing the tap.

Chonan also has good speed in his striking game, but his strikes lack power—use his hands primarily to set up takedowns, which "Piranha" has a talent for.

Bring the opponent to the ground one way or another, then work at passing his guard and softening him up with some ground-and-pound.

Drop back for leg submissions whenever you find yourself in Open Guard or Half Guard with the opponent winded and susceptible to subs.

WEAKNESSES

- Strength
- Footwork
- Ground bottom grappling

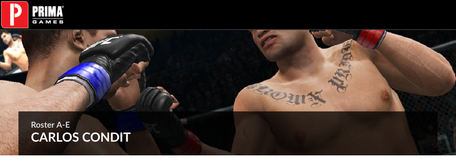
Chonan is a well-rounded fighter, but he has trouble dominating in any one area of the fight game.

Fight to your fighter's strengths and look to dominate Chonan with superior skills on the feet, in the clinch, or on the ground—whichever area best suits your fighter's skill set and your own unique style of play.

Chonan's footwork is far from slick on the feet—exploit his sluggish gait by keeping him at bay with good movement and stiff kicks from the outside.

He can also be controlled and worked over in the clinch by Muay Thai specialists, while ground grapplers will want to try for clinch trips and throws to bypass Chonan's respectable takedown defense.

"Piranha" isn't easy to submit, and he's resilient against strikes—expect to work a bit, grinding him down before finding a means of finishing.



Roster A-E

CARLOS CONDIT

Video is restricted

NICKNAME: The Natural Born Killer

WEIGHT CLASSES: Welterweight

AGE: 27
HEIGHT: 6'0"
REACH: 78"
STANCE : Orthodox and Switch
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	71
Speed	82
Cardio	86
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	80
Clinch Striking	81
Ground Striking	75
Clinch Grapple	73
Takedown	72
Ground Top Grapple	80
Ground Bottom Grapple	80
Submission	81

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	80
Clinch Striking	72
Ground Striking	77
Clinch Grapple	74
Takedown	73
Ground Top Grapple	79
Ground Bottom Grapple	81
Submission	82

ULTIMATE TECHNIQUES

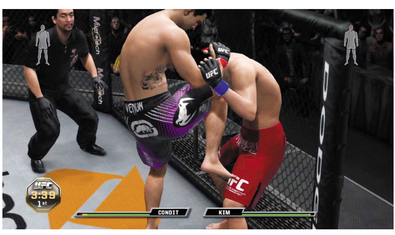
Right Jumping Knee

Level 2—Both Standing, Striking Range

This fast-flying knee caught Dong Hyun Kim by surprise at UFC 132, leading to a first-round knockout for Condit. Perform a step before unleashing this lightning-quick technique strike.

Crushing Left/Right Knee

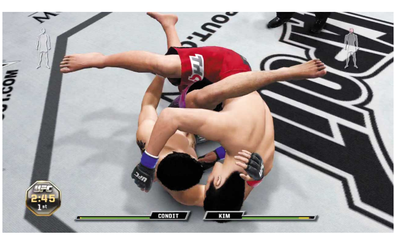
Level 2—Muay Thai Clinch Cage, Offense



Condit isn't particularly strong in the clinch, but he can bring some brutal knees against his opponents when he presses them against the cage in the Muay Thai Clinch.

Sweep Transition to Mount, Top

Level 1—Rubber Guard, Bottom



"The Natural Born Killer" is always dangerous, even when fighting off his back. Perform a technique transition from Open Guard Clinch, Bottom to move the opponent into Condit's Rubber Guard, then lock in a tight triangle or sweep to Mount.

STRENGTHS

- Very well rounded
- Finishing ability
- Heart

A dangerous striker and submission grappler, Carlos "The Natural Born Killer" Condit overwhelms his opponents with lightning-fast striking combinations and relentless aggression.

His durability and dangerous ground game allow Condit to attack with great confidence while exchanging on the feet. Unleash his combos at will, pressuring the opponent to overwhelm him with Condit's superior speed and cardio.

He's also very effective when striking more elusively from the outside, lending him versatility on the feet as he uses powerful kicks to batter his rival's body and legs from range.

If the opponent decides to take Condit down, they'll find him extremely dangerous off his back, threatening with sweeps and submissions in many bottom positions on the ground.

WEAKNESSES

- Strength
- Takedowns
- Takedown defense

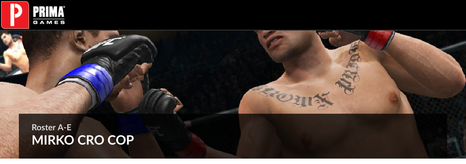
Few fighters would dare to call out "The Natural Born Killer" after witnessing the result of his bout with Dan Hardy at UFC 120, yet Condit does have a few weaknesses.

His clinch game isn't strong, allowing talented brawlers and Muay Thai artists to overwhelm him with brutal strikes and dominant control in the clinch.

Condit is incredibly dangerous with his submissions, so it's best to avoid exploiting his vulnerability to the takedown—strive to keep the fight standing instead, hoping to catch Condit with a big counter.

Utilize the clinch only if you're getting beaten on the feet, then look to back Condit into the fence and brutalize him with heavy clinch strikes, which he is vulnerable to.

If you find yourself on the ground, hurry and escape back up to your feet, even if you're on top—"The Natural Born Killer" is far too dangerous on the ground, even when fighting off his back.



Roster A-E

MIRKO CRO COP

NICKNAME: N/A

WEIGHT CLASSES: Heavyweight
AGE: 37
HEIGHT: 6'2"
REACH: 79"
STANCE: Southpaw
OVERALL RATING HW: 83
OVERALL RATING HW (PRIDE): 86

ATTRIBUTES

ATTRIBUTE	HW	HW (PRIDE)
Strength	79	84
Speed	77	81
Cardio	75	85
Footwork	80	82

OFFENSIVE SKILLS

SKILL	HW	HW (PRIDE)
Standing Strikes	81	87
Standing Kicks	87	91
Clinch Striking	70	73
Ground Striking	70	71
Clinch Grapple	68	71
Takedown	64	64
Ground Top Grapple	61	61
Ground Bottom Grapple	67	67
Submission	58	57

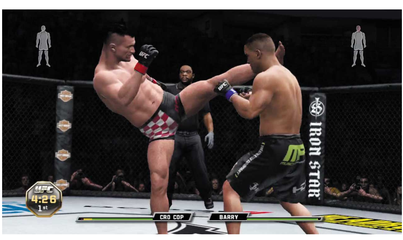
DEFENSIVE SKILLS

SKILL	HW	HW (PRIDE)
Standing Strikes	79	85
Standing Kicks	80	86
Clinch Striking	74	77
Ground Striking	71	74
Clinch Grapple	76	79
Takedown	85	86
Ground Top Grapple	75	79
Ground Bottom Grapple	70	70
Submission	80	80

ULTIMATE TECHNIQUES

Napao's Left Head Kick

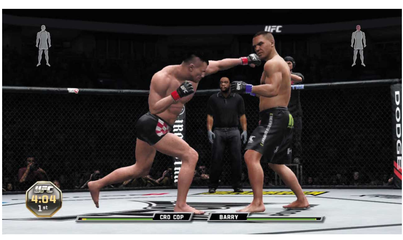
Level 3—Both Standing, Striking Range



"Right leg, hospital—left leg, cemetery." That's how Cro Cop once famously described his kicks, and this quote holds true in UFC Undisputed 3 with this high-level technique strike.

Left Long Straight

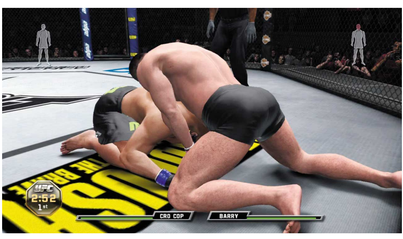
Level 2—Both Standing, Striking Range



Cro Cop is also known for his fast and powerful straight left hand, which he has used to shatter his opponents' faces in the past. Look to land this long straight from the outside.

Left/Right Knee to Head (PRIDE)

Level 2—Sprawl, Top



Cro Cop has excellent takedown defense. When fighting under PRIDE rules, be certain to punish the opponent with brutal knees to the head each time you stuff their shots.

STRENGTHS

- Pro kickboxer
- Experience
- Knockout power

Mirko Cro Cop is a professional kickboxer whose thunderous kicking power has spelled the end for countless opponents over his long and storied career.

Mirko is especially dangerous when fighting in PRIDE, where brutal strikes such as soccer kicks and knees to the heads of grounded opponents are legal.

Cro Cop's PRIDE-version stats are also significantly higher compared to those of his more-recent UFC avatar.

Regardless of which version you're using, your game plan with Cro Cop is always the same: Keep your distance with speed and footwork, looking to land brutal kicks from range again and again.

Attack the opponent's body and legs to slow and tire him, and also to convince him to drop his hands and protect his midsection—then go for the KO by switching to brutal head kicks.

Pick your strikes carefully with Cro Cop, using his quick fists to counter and his powerful legs to attack.

Mirko is no good off his back, but he has excellent takedown defense—be ready to stuff the opponent's shot at a moment's notice.

WEAKNESSES

- Takedowns
- Submissions
- Ground grappling

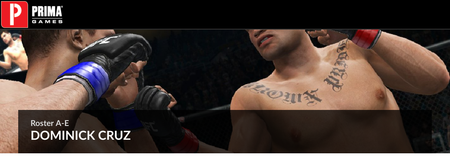
Though his kicks are the stuff of legend, Cro Cop is like a fish out of water when his opponents choose to grapple with him.

He doesn't fare well in the clinch, and does even worse when planted on his back—protect your head as you try to time his strikes, looking to slip under those big, powerful kicks and bring Cro Cop to the ground with short takedowns.

If he's throwing lots of punches, try counter grappling into the clinch, then score a trip or throw from the Body Lock.

Bring Mirko down, then pass his lackluster guard and move to dominant position so you can freely hammer him with some vicious ground-and-pound.

Cro Cop is skilled at defending against submissions, so don't risk giving up position—just stay on him and keep bringing the pain with heavy strikes from the top.



Roster A-E

DOMINICK CRUZ

Video is restricted

NICKNAME: N/A
WEIGHT CLASSES: Bantamweight
AGE: 26
HEIGHT: 5'8"
REACH: 69 "
STANCE: Orthodox and Switch
OVERALL RATING: 92

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	95
Cardio	83
Footwork	94

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	90
Standing Kicks	82
Clinch Striking	75
Ground Striking	74
Clinch Grapple	89
Takedown	86
Ground Top Grapple	76
Ground Bottom Grapple	75
Submission	64

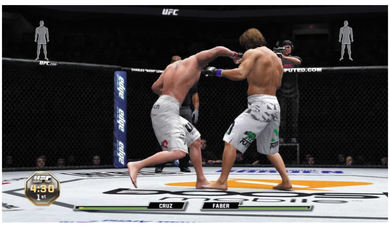
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	88
Standing Kicks	79
Clinch Striking	76
Ground Striking	79
Clinch Grapple	86
Takedown	88
Ground Top Grapple	80
Ground Bottom Grapple	76
Submission	84

ULTIMATE TECHNIQUES

Lunging Left/Right Hook

Level 2—Both Standing, Striking Range



These heavy technique strikes can be thrown from afar, making them ideal ways for Cruz to quickly close the distance on his opponent.

Superman Jab

Level 2—Both Standing, Striking Range

This unassuming jab is quick to find its mark and packs plenty of sting. Make liberal use of this excellent strike to interrupt the opponent's combos and counter them sharply from the outside.

Left/Right Hook

Level 2—Open Guard, Bottom

Cruz can posture up into sub position in Open Guard, Half Guard, or Mount to rain down these heavy hooks. Land a few of these technique strikes each time you score a takedown.

STRENGTHS

- Conditioning
- Constant movement
- Unorthodox striking

The UFC's current bantamweight champion, Dominick Cruz is an incredibly skilled boxer and takedown artist with superior speed, footwork, and striking power. Dominick's defensive wrestling is also incredibly good, with excellent takedown and submission defense.

This allows Cruz to open up with confidence on the feet, rocking the opponent with unorthodox strikes that come from odd angles at incredible speed. Outmaneuver the opponent and land devastating strike combos.

Stuff their takedowns and punish them with Cruz's fast hands, using his superior footwork to quickly dart in and out of striking range.

Cruz has excellent takedowns himself—shoot in and bring the opponent to the mat whenever you want to score some bonus points with the judges.

Don't bother working for submissions, though—Cruz is at his best when pounding away with his fists.

WEAKNESSES

- Kicks
- Ground striking
- Submissions

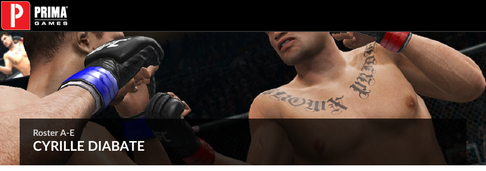
It's hard to find significant weaknesses in the UFC bantamweight champion's game, because there simply aren't many.

Cruz is absolutely dominant on the feet, using dizzying movement and striking speed to annihilate his adversaries with pinpoint combinations and unorthodox technique strikes that seemingly come from out of nowhere.

Because Cruz is so dangerous in the stand-up, it's wise to try grappling and bringing him to the mat. Be very conservative with your striking on the feet, using quick strikes to probe the champ for openings.

Cruz has excellent takedown defense, so strive to time it right and achieve a short takedown by shooting under one of his powerful strikes.

Bring Cruz to the ground and work at passing his guard, then make the champ suffer by battering him with plenty of power strikes from the top.



Roster A-E

CYRILLE DIABATE

NICKNAME: The Snake
WEIGHT CLASSES: Light heavyweight
AGE: 38
HEIGHT: 6'6"
REACH: 81.5"
STANCE: Southpaw and Switch
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	73
Speed	77
Cardio	76
Footwork	81

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	85
Standing Kicks	85
Clinch Striking	78
Ground Striking	74
Clinch Grapple	76
Takedown	66
Ground Top Grapple	64
Ground Bottom Grapple	68
Submission	62

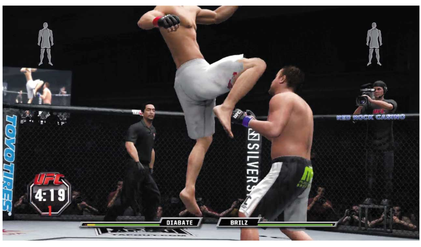
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	82
Clinch Striking	75
Ground Striking	76
Clinch Grapple	75
Takedown	69
Ground Top Grapple	66
Ground Bottom Grapple	70
Submission	69

ULTIMATE TECHNIQUES

Flying Knee

Level 2—Both Standing, Striking Range



"The Snake" strikes like a cobra from afar with his deadly flying knees. These devastating step strikes are performed after a forward step, and they can instantly rock the opponent, setting up the finish.

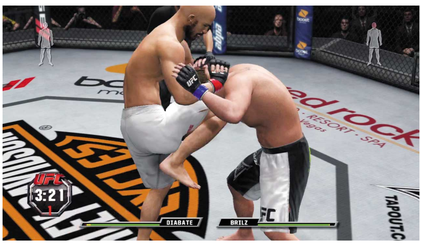
Right Quick Superman Punch

Level 1—Both Standing, Striking Range

This fast jab isn't the most powerful strike in Diabate's arsenal, but it has fantastic speed and range, giving it a high chance of landing flush. Connect several times with this go-to technique strike.

Strong Left/Right Knee

Level 2—Muay Thai Clinch, Offense



Diabate can use his long reach to catch his opponents in a Muay Thai Clinch, then land these devastating technique strikes. Press the opponent into the cage to add even more weight to each knee.

STRENGTHS

- Striking
- Experience
- Training camp

Cyrille "The Snake" Diabate is an excellent striker with knockout power in his hands and feet. He has good footwork, a long reach, and decent speed, although he can still be out-struck by other elite strikers in his weight class.

Be elusive and work Diabate's long kicks and punches while keeping the opponent at a distance—you don't want to risk being taken down and having to fight off your back with "The Snake."

Diabate is also quite effective in the clinch—lock up with opponents and work them over with powerful knees in the Muay Thai Clinch, but only if they're getting the better of you in the stand-up game.

Avoid the clinch otherwise—the risk of being taken down and out of your element is too great. For the most part, you want to keep the fight standing when using "The Snake."

WEAKNESSES

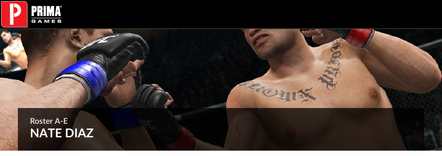
- Strength
- Takedowns
- Submissions

Diabate's punches, kicks, elbows and knees are all very dangerous, but "The Snake" doesn't match up well against grapplers, especially when pitted against submission specialists. For starters, Diabate has poor takedown defense—so take your best shot and drive him to the mat.

Pass his guard and transition to a dominant position, then soften up "The Snake" with a few body shots before locking in a submission that he'll have trouble wiggling out of.

Even if Diabate manages to slip free and ends up on top, he has poor control from there and is even more susceptible to sweeps and submissions from the bottom.

Keep rolling with "The Snake" on the ground to keep him out of his element and unable to work his strongest brand of offense—kickboxing.



Roster A-E

NATE DIAZ

Video is restricted

NICKNAME: N/A

WEIGHT CLASSES: Welterweight and Lightweight

AGE: 26
HEIGHT: 6'0"
REACH: 76"
STANCE: Southpaw and Switch
OVERALL RATING WW: 86
OVERALL RATING LW: 87

ATTRIBUTES

ATTRIBUTE	WW	LW
Strength	70	69
Speed	75	77
Cardio	84	85
Footwork	83	83

OFFENSIVE SKILLS

SKILL	WW	LW
Standing Strikes	84	84
Standing Kicks	69	69
Clinch Striking	73	73
Ground Striking	74	74
Clinch Grapple	70	70
Takedown	73	73
Ground Top Grapple	76	76
Ground Bottom Grapple	84	84
Submission	82	82

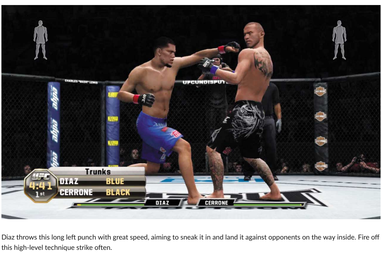
DEFENSIVE SKILLS

SKILL	WW	LW
Standing Strikes	75	75
Standing Kicks	72	72
Clinch Striking	73	73
Ground Striking	79	79
Clinch Grapple	74	74
Takedown	76	76
Ground Top Grapple	79	79
Ground Bottom Grapple	79	79
Submission	89	89

ULTIMATE TECHNIQUES

WHIP LEFT STRAIGHT

Level 3—Both Standing, Striking Range



Diaz throws this long left punch with great speed, aiming to sneak it in and land it against opponents on the way inside. Fire off this high-level technique strike often.

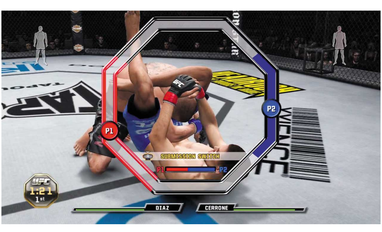
SUPLEX TO SIDE CONTROL, TOP

Level 2—Double Underhook, Offense

Diaz can heave his opponent from the Double Underhook or Body Lock clinch, dumping him onto the ground and landing on top in Side Control.

DIRECT CATCH TO TRIANGLE CHOKE

Level 3—Open Guard Clinch, Bottom



Diaz knows how to lock in a triangle from the bottom—simply pull the opponent into Open Guard Clinch on the ground, then go for this excellent technique submission.

STRENGTHS

- Boxing
- Submissions
- Heart

Nate Diaz is a durable, well-rounded fighter with excellent boxing and submission grappling skills. Diaz is at his best when pressing forward with relentless strikes, almost daring the opponent to shoot in for a takedown against him.

Doing so would be a mistake, of course, because Diaz is a submission genius off his back, able to lock in nasty triangle chokes from the bottom that are almost impossible to escape. When fighting as Diaz, open up with powerful strike combos on the feet to inflict fast damage.

Just keep the punches coming, relying on Diaz's ample gas tank to see you through the intense pace you set.

If the opponent foolishly takes you down, go for submissions from a ground clinch position—even if the opponent escapes, watch how quickly he'll choose to stand up out of Nate's guard afterward.

WEAKNESSES

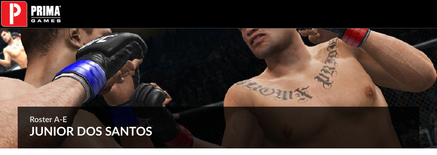
- Strength
- Kicks
- Fighting in the clinch

While Diaz is dangerous puncher, his kicks lack power and his overall striking speed doesn't match up with other elite strikers in his division.

Though he's fast and agile on his feet, Diaz usually doesn't fare well when grappling in the clinch—look to counter-grapple his power punches on the feet to quickly tie up in the clinch, then muscle Diaz against the cage and work him over with clinch strikes, focusing on controlling him in the position.

Even if you are a grappler, don't go for takedowns because he's too dangerous off his back. Keep Diaz locked up in the clinch with his back near the cage for the best advantage in each fight against him.

If you must exchange with him on the feet, get inside with quick strikes to interrupt his combos and take away his reach advantage.

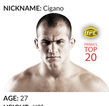


Roster A-E

JUNIOR DOS SANTOS

Video is restricted

NICKNAME: Cigano



WEIGHT CLASSES: Heavyweight

AGE: 27
HEIGHT: 6'3"
REACH: 77"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	80
Cardio	84
Footwork	85

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	71
Clinch Striking	82
Ground Striking	82
Clinch Grapple	72
Takedown	70
Ground Top Grapple	79
Ground Bottom Grapple	77
Submission	68

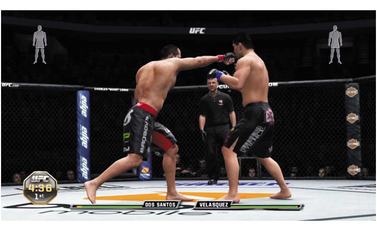
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	78
Clinch Striking	85
Ground Striking	74
Clinch Grapple	77
Takedown	86
Ground Top Grapple	77
Ground Bottom Grapple	74
Submission	81

ULTIMATE TECHNIQUES

SANTOS' RIGHT STRAIGHT

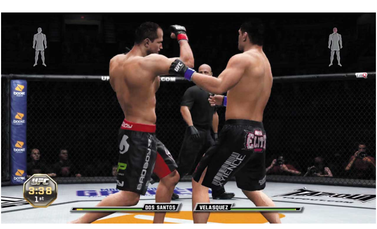
Level 3—Both Standing, Striking Range



Crack dos Santos's opponents a few times with this devastating straight to back them up in a hurry. The speed of this powerful punch makes it ideal for countering.

RIGHT STRONG UPPERCUT

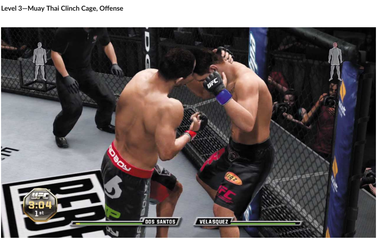
Level 3—Both Standing, Striking Range



"Cigano" also wields a crushing uppercut that can catch inbound adversaries as they attempt to dive in for takedowns against the champ. This heavy technique strike has excellent range.

STRONG LEFT/RIGHT UPPERCUT

Level 3—Muay Thai Clinch Cage, Offense



Dos Santos can rough up his rival with punishing uppercuts thrown from the Muay Thai Clinch. These heavy technique blows land with even greater force when the opponent is pressed up against the fence.

STRENGTHS

- Boxing
- Training camp
- Knockout power

Junior "Cigano" dos Santos is a man who believes in his strong boxing ability, and with the rare kind of knockout power that he possesses, why shouldn't he?

The champ just recently made short work of former UFC heavyweight champion Cain Velasquez in the very first round of their bout, landing a huge overhand right that rocked and dropped Velasquez, leading to the finish.

Look to land this same knockout blow with dos Santos in UFC Undisputed 3, along with the same crushing uppercut that he used to put away submission expert Fabricio Werdum back in his debut at UFC 90.

"Cigano" has great takedown defense and good footwork on the feet, so keep your distance and land big punches and combos from the outside.

Be ready to stuff the takedown and work at transitioning back up to your feet if the opponent manages to dump dos Santos onto his back—he doesn't fight very well from the bottom.

WEAKNESSES

- Kicks
- Takedowns
- Submissions

"Cigano" is a powerhouse of a boxer with lights-out power in both hands. Keep your hands up when facing dos Santos, and try to either clinch or score a takedown as fast as you can.

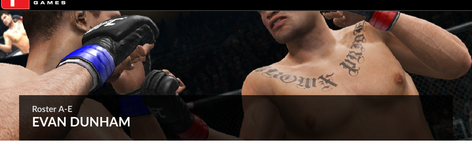
Gain a positional advantage over the champ to take away from his brutal striking power and inflict some offense of your own.

Dos Santos is durable and has great cardio, so expect a long and grueling fight against him when vying for the title.

Either struggle to keep the champ at a long distance, landing quick kicks from afar on the feet, or bring him to the mat with a well-timed takedown and move to dominant position to nullify his devastating offense.

Don't go for submissions unless you're supremely confident that you can secure the finish, because dos Santos is good at working his way out of all but the most dangerous subs.

Simply struggle to maintain top position, out-wrestling the explosive striker on your way to a decisive win.



Roster A-E

EVAN DUNHAM

NICKNAME: N/A

WEIGHT CLASSES: Lightweight
AGE: 29
HEIGHT: 5'10"
REACH: 70"
STANCE: Southpaw and Switch
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	75
Speed	77
Cardio	83
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	73
Clinch Striking	73
Ground Striking	78
Clinch Grapple	76
Takedown	79
Ground Top Grapple	74
Ground Bottom Grapple	78
Submission	75

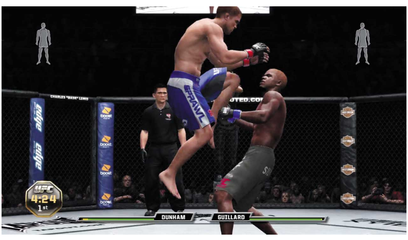
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	76
Clinch Striking	77
Ground Striking	79
Clinch Grapple	79
Takedown	79
Ground Top Grapple	76
Ground Bottom Grapple	80
Submission	84

ULTIMATE TECHNIQUES

LEFT JUMPING KNEE

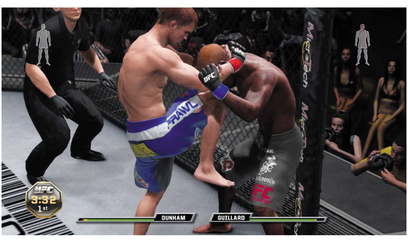
Level 2—Both Standing, Striking Range



Dunham has been known to surprise his opponents with a flying knee that devastates when it lands. Throw this unexpected strike to rock your opponent with a sudden blast.

STRONG LEFT/RIGHT KNEE

Level 2—Muay Thai Clinch Cage, Offense



Dunham's knees are also vicious when thrown in the Muay Thai Clinch. Back the opponent into the cage before throwing these technique knees for maximum impact.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 3—Mount, Top

Dunham has a number of powerful submissions available to him in various dominant ground positions. His armbars from Mount are particularly nasty and quite difficult to escape.

STRENGTHS

- Submissions
- Well rounded
- Heart

Evan Dunham is a well-rounded fighter with solid offensive and defensive skills in the striking, clinch, and ground games.

Submissions are his best weapons, and Dunham can switch between certain subs, gaining more time to work for the tap.

Dunham isn't particularly effective on the feet, but he can put his strikes together with decent speed—throw quick strikes in short combos to frustrate Dunham's opponents on the feet, then look for takedowns to bring the fight to the ground and work for subs.

Be patient once the action hits the mat and struggle to attain dominant top position. Land body shots as often as possible to soften up the opponent as you work toward a lethal submission from the top.

Dunham has a tremendous armbar from the Mount that is likely to earn you the victory if you can secure it at the right time.

WEAKNESSES

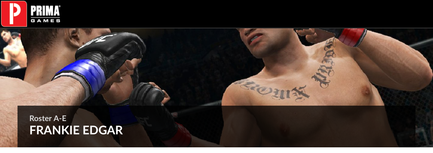
- Strength
- Footwork
- Striking power

Though he possesses a well-rounded skill set, Dunham fails to shine in any one area of the fight game, and can therefore be overwhelmed by elite-level specialists who excel in a particular field of the sport.

It's therefore best to simply employ your fighter's strengths when facing Dunham. Don't be afraid to mix it up with him on the feet—he has poor footwork and most of his strikes lack knockout power.

Be aggressive and bring the fight to Dunham no matter what your fighting style might be, shooting in to bring him to the ground if you're a grappler and working in ground-and-pound.

Don't attempt submissions against Dunham unless you've transitioned to a dominant position—he has excellent submission defense and may escape into top position if your sub attempt fails.



Roster A-E

FRANKIE EDGAR

Video is restricted

NICKNAME: The Answer

WEIGHT CLASSES: Lightweight

AGE: 30
HEIGHT: 5'6"
REACH: 68"
STANCE: Orthodox and Switch
OVERALL RATING: 91

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	90
Cardio	89
Footwork	92

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	85
Standing Kicks	77
Clinch Striking	81
Ground Striking	77
Clinch Grapple	75
Takedown	84
Ground Top Grapple	78
Ground Bottom Grapple	76
Submission	71

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	85
Clinch Striking	80
Ground Striking	76
Clinch Grapple	80
Takedown	86
Ground Top Grapple	76
Ground Bottom Grapple	80
Submission	86

ULTIMATE TECHNIQUES

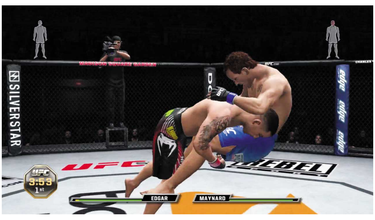
LUNGING LEFT/RIGHT HOOK

Level 2—Both Standing, Striking Range

Throw these powerful hooks to close in on opponents when you wish to grapple. Their speed and elusive windup make these technique strikes ideal weapons from the outside.

JUMPING DOUBLE LEG TAKEDOWN

Level 3—Both Standing, Striking Range



Edgar's got excellent control on top and great takedowns. Drive in and bring his opponents to the ground with this leaping double leg that's tough to stuff.

SWEEP TRANSITION TO OPEN GUARD, TOP

Level 2—Sprawl, Bottom

Even if Edgar fails to complete a takedown, he can persist and drive for the finish with this effective sweep. Don't give up when the opponent stuffs his shots—dig deep and get that takedown.

STRENGTHS

- Wrestling
- Constant movement
- Champion experience

Frankie "The Answer" Edgar is a remarkable fighter who uses his excellent speed, footwork, and deter-mination to outmaneuver, frustrate, and outlast his opponents wherever the fight happens to take place.

Though he's small for his weight class, few can hope to keep up with Edgar's furious movement speed and fluid boxing.

When playing as the lightweight champ, outmaneuver your opponent and throw quick strikes in search of openings.

When the time is right, start rattling off blistering combos to light up your opponent in the striking game. Dive in for a takedown to mix things up and drive the opponent to the mat with a commanding shot.

Power your rival to the floor and then work him over with some of Edgar's relentless ground-and-pound, scoring points and doing plenty of damage from the top.

He has outstanding durability and conditioning, so pour on the pressure and work your adversary over until you manage to wear him down and grind out the win.

WEAKNESSES

- Strength
- Kicks
- Submissions

"The Answer" has few weaknesses, and the lightweight champ makes up for the ones he has with his amazing speed, skill, and determination.

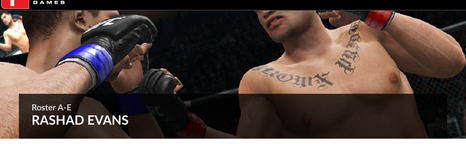
Still, Edgar is quite small for his weight class, and elite lightweight grapplers may be able to simply take him to the ground and hold him there, scoring points with the judges as they control the top position.

Edgar is not particularly dangerous off his back, lacking finishing ability in his submissions from the bottom—this means there's little to fear in taking him down, aside from his outstanding takedown defense.

Strive to score short takedowns against "The Answer" to bring him to the ground and shut down his blistering striking offense.

Edgar is a champion-level wrestler with excellent sweeps off his back, mind you, so you'll need to struggle to achieve dominant position before you can feel comfortable opening up with much ground-and-pound.

Don't bother attempting any submissions unless Edgar becomes gassed or rocked—the champ's sub defense is too high.



Roster A-E

RASHAD EVANS

NICKNAME: Suga

WEIGHT CLASSES: Light Heavyweight
AGE: 32
HEIGHT: 5'11"
REACH: 74.5"
STANCE: Orthodox and Switch
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	83
Speed	83
Cardio	84
Footwork	85

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	81
Clinch Striking	70
Ground Striking	80
Clinch Grapple	77
Takedown	82
Ground Top Grapple	80
Ground Bottom Grapple	78
Submission	64

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	84
Clinch Striking	78
Ground Striking	75
Clinch Grapple	74
Takedown	80
Ground Top Grapple	74
Ground Bottom Grapple	77
Submission	82

ULTIMATE TECHNIQUES

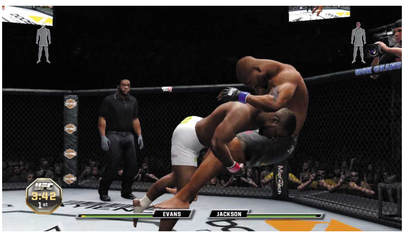
LUNGING LEFT/RIGHT HOOK

Level 3—Both Standing, Striking Range

Evans has great speed and power on his feet, and he's rocked more than one rival with his heavy hands in the past. Throw these rangy hooks to smash his rivals on the feet.

JUMPING DOUBLE LEG TAKEDOWN

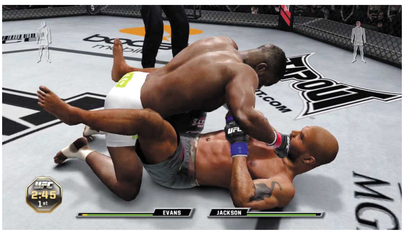
Level 3—Both Standing, Striking Range



A college wrestling standout, "Suga" has worked at developing an explosive double leg takedown that can bring most any opponent to the mat. Dive in and drive for the finish with this technique takedown.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top



Once he gets his opponent to the ground, Evans brings down heavy hooks that can quickly rock his rival if they land flush. These technique strikes are available in many sub positions on the ground.

STRENGTHS

- Wrestling
- Knockout power
- Speed

Rashad "Suga" Evans is an accomplished wrestler who has developed his kickboxing skills to a high level during his long run in the UFC. This has evolved "Suga" into a well-rounded threat to all of his opponents inside the Octagon.

A former UFC light heavyweight champion, Evans brings fantastic strength, speed, footwork, and endurance with him into every fight—he's an explosive athlete with devastating power in both his hands and in his kicks.

A wrestler by trade, Evans also happens to be a powerhouse grappler on the ground, owning some of the most dominant top-position grappling and ground-and-pound in the light heavyweight division.

Light up his rivals on the feet with superior striking, then shoot in and bring them to the ground with a takedown.

Work some of Evans's relentless ground-and-pound to smash his opponents from the top and secure dominant TKO victories.

WEAKNESSES

- Clinch striking
- Submissions
- Vulnerable to ground strikes

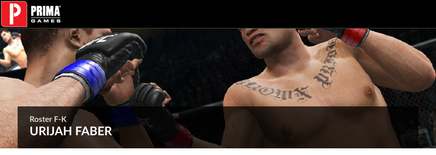
Evans is an explosive athlete with great instincts and skill, which makes him a dangerous opponent in all areas of the fight game.

His striking game is well rounded—"Suga" can bring the pain with both his punches and his kicks, giving him plenty of options as he rattles off furious combos.

He is tough to handle in every position, so it's best to fight to your athlete's strengths and try to impose your warrior's best game plan when battling this well-rounded former champ.

Try to control Evans by gaining dominant position in the clinch or on the ground, thereby limiting his dynamic offense.

He is particularly susceptible to clinch strikes and ground-and-pound, so try getting inside on "Suga" on the feet so you can start working him over in the grappling game.



Roster F-K

URIJAH FABER

Video is restricted

NICKNAME: The California Kid

WEIGHT CLASSES: Featherweight and Bantamweight

AGE: 32
HEIGHT: 5'6"
REACH: 69"
STANCE: Orthodox and Switch
OVERALL RATING: 92

ATTRIBUTES

ATTRIBUTE	FW RATING	BW RATING
Strength	82	82
Speed	90	90
Cardio	89	79
Footwork	88	88

OFFENSIVE SKILLS

SKILL	FW RATING	BW RATING
Standing Strikes	84	84
Standing Kicks	74	74
Clinch Striking	76	76
Ground Striking	80	80
Clinch Grapple	83	83
Takedown	82	82
Ground Top Grapple	83	83
Ground Bottom Grapple	79	79
Submission	83	83

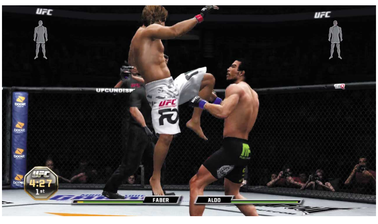
DEFENSIVE SKILLS

SKILL	FW RATING	BW RATING
Standing Strikes	84	84
Standing Kicks	75	75
Clinch Striking	75	75
Ground Striking	79	79
Clinch Grapple	82	82
Takedown	80	80
Ground Top Grapple	85	85
Ground Bottom Grapple	80	80
Submission	89	89

ULTIMATE TECHNIQUES

TWO STEP LEFT FLYING KNEE

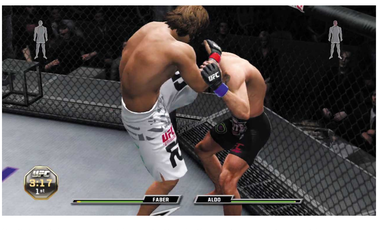
Level 3 - Both Standing, Striking Range



Faber uses unorthodox striking and explosive speed to catch his opponents off guard in the striking game. This technique strike is performed after a forward step and can rock foes in a flash.

CRUSHING RIGHT/LEFT KNEE

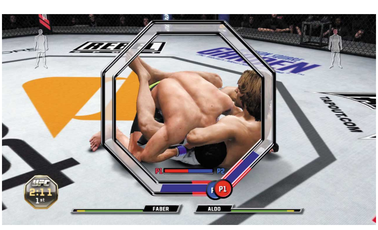
Level 2 - Muay Thai Clinch Cage



"The California Kid" can unleash powerful knees in the Muay Thai Clinch, and these crushing technique strikes become even more brutal after he stuffs his opponent into the cage.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3 - Sprawl, Top



Faber's fast, accurate hands are sure to have his opponents diving in for the takedown sooner or later. Drop down for a lethal guillotine each time you manage to stuff your opponent's shots.

STRENGTHS

- Well rounded
- Speed
- Heart

"The California Kid," Urijah Faber, is a champion-level fighter whose well-rounded game and advantages as a natural athlete allow him to dismantle his opponents no matter where they choose to take the fight.

Use Faber's great footwork and fast hands to sting the opponent on the feet with quick striking combinations.

Faber is an elite-level grappler, so have no fear of being taken down by his rivals—press the action and score with his fluid boxing combos on the feet.

If the opponent has limited grappling ability, take him to the mat with a driving takedown and begin to work some of Faber's blistering ground-and- pound.

Take advantage of his exceptional grappling ability to move into dominant position, then unleash brutal ground strikes from the top until the ref is forced to intervene.

Faber is also quite good at applying submissions, particularly armbars from the top, and guillotine chokes—look to lock these in whenever the opportunity arises.

WEAKNESSES

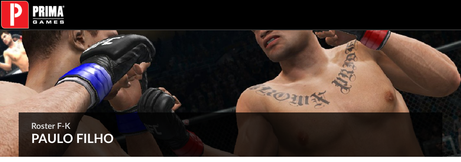
- Kicks
- Clench striking
- Clinch strike defense

Faber is a dangerous fighter whose well- rounded skills must be respected at all times. He's dangerous both on his feet and off his back, and he has good control in the clinch as well.

However, The California Kid has limited striking power in the clinch, and he also suffers the most damage from his opponent's clinch strikes—this makes positions such as the Single Collar Tie and Muay Thai Clinch good places for you to fight Faber, as they limit his offense and agility, and help you land bigger blows.

Pressure him back toward the cage and catch him in the Muay Thai Clinch to deliver powerful clinch strikes that will quickly make an impact.

Faber's clinch grappling and takedowns are both very good, so be careful with your offense and focus on maintaining position by denying his attempts to pummel out and improve his position in the clinch.



Roster F-K
PAULO FILHO

NICKNAME: Ely
WEIGHT CLASSES: Middleweight (PRIDE), Welterweight (PRIDE)

AGE: 28
HEIGHT: 5'8"
REACH: 71"
STANCE: Southpaw
OVERALL RATING MW (PRIDE): 89 **OVERALL RATING WW (PRIDE):** 89

ATTRIBUTES

ATTRIBUTE	MW(PRIDE) RATING	WW(PRIDE) RATING
Strength	80	80
Speed	80	80
Cardio	79	81
Footwork	75	75

OFFENSIVE SKILLS

SKILL	MW(PRIDE) RATING	WW(PRIDE) RATING
Standing Strikes	70	70
Standing Kicks	70	70
Clinch Striking	75	75
Ground Striking	77	77
Clinch Grapple	81	81
Takedown	83	83
Ground Top Grapple	81	81
Ground Bottom Grapple	80	80
Submission	82	82

DEFENSIVE SKILLS

SKILL	MW(PRIDE) RATING	WW(PRIDE) RATING
Standing Strikes	75	75
Standing Kicks	77	77
Clinch Striking	78	78
Ground Striking	80	80
Clinch Grapple	83	83
Takedown	84	84
Ground Top Grapple	82	82
Ground Bottom Grapple	82	82
Submission	84	84

ULTIMATE TECHNIQUES

LEG SWEEP SINGLE LEG TAKEDOWN

Level 2 - Both Standing, Striking Range

Filho's takedowns are excellent, but this clinch throw is another great way of bringing the opponent to the ground in style. Filho lands in Side Control when this big technique throw succeeds.

SUPLEX TO SIDE CONTROL, TOP

Level 2 - Double Underhook, Offense

These crushing ground strikes are readily available to Filho in many ground sub positions, and they can spell disaster for his opponents, especially when he drops them from Half Guard or Mount.

STRONG LEFT/RIGHT PUNCH

Level 3 - Open Guard, Top

This fantastic takedown is Fitch's bread and butter move on the feet. Dive in and drive the opponent to the ground with this dominant double leg, then work some of his crushing ground-and-pound.

STRENGTHS

- Takedowns
- Submissions
- Solid chin

Paulo Filho is a submission grappler with good takedowns and excellent control on the ground. Whether he's fighting on top or rolling on bottom, Filho wants to be engaged with his adversary on the ground, moving to attempt various submissions, for which he has a knack.

He can take a punch as well, so feel free to mix things up with him on the feet, throwing his fast strikes to frustrate his opponents until you decide to shoot in and bring the fight to the floor with one of his dominant takedowns.

Filho can lock in subs from either the top or bottom, so don't worry about his adversary's takedowns when exchanging in the stand-up.

Feel comfortable fighting off your back with him, trapping his opponents in ground clinches and then locking in submissions with sudden ferocity from the bottom.

WEAKNESSES

- Footwork
- Standing strikes
- Standing strike defense

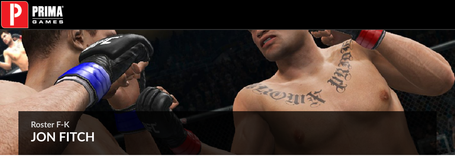
Filho is a dangerous submission grappler, but his poor footwork and low striking power make him a relatively easy target when he exchanges with superior strikers on the feet.

Outmaneuver him in the stand-up game, landing the occasional kick or straight from the outside to nullify his primary form of offense: grappling and the ground game.

Beware of Filho's powerful takedowns, and be prepared to stuff his dangerous single leg shots at any moment.

Maintain your distance from him on the feet and be sure to punish him each time you manage to stuff his takedown attempts—you might even try intercepting his takedowns with counter knees if you're able to time them.

Strive to keep the fight standing, and Filho will have trouble threatening you with much offense. Pick him apart with quick strikes, crisp combos, and sharp counters to work him over without giving him a chance to impose his dangerous submission game.



Roster F-K

JON FITCH

NICKNAME: N/A
WEIGHT CLASSES: Welterweight
AGE: 33
HEIGHT: 6'0"
REACH: 76"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	73
Cardio	90
Footwork	76

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	71
Standing Kicks	64
Clinch Striking	79
Ground Striking	78
Clinch Grapple	79
Takedown	84
Ground Top Grapple	80
Ground Bottom Grapple	75
Submission	73

DEFENSIVE SKILLS

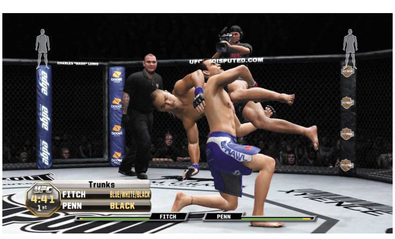
SKILL	RATING
Standing Strikes	75
Standing Kicks	77
Clinch Striking	80
Ground Striking	76
Clinch Grapple	80
Takedown	81
Ground Top Grapple	82
Ground Bottom Grapple	79
Submission	81

ULTIMATE TECHNIQUES

DRIVING DOUBLE LEG TAKEDOWN

LEVEL 3/BOTH STANDING, STRIKING RANGE

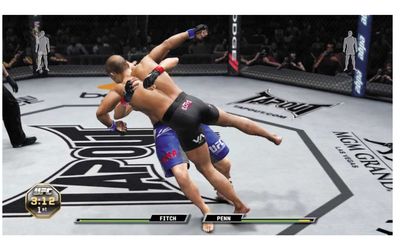
Level 3 - Both Standing, Striking Range



This fantastic takedown is Fitch's bread and butter move on the feet. Dive in and drive the opponent to the ground with this dominant double leg, then work some of his crushing ground-and-pound.

SUPLEX TO SIDE CONTROL, TOP

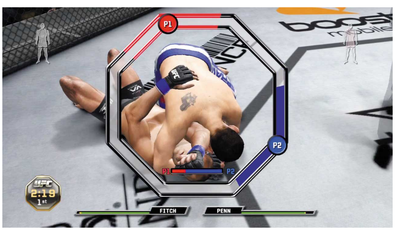
Level 2 - Double Underhook, Offense



Fitch's takedowns are great, but his huge suplex can help him take his opponents to the ground by another means. Grab the opponent in the Double Underhook clinch, then perform this epic technique throw.

DIRECT CATCH TO ARM TRIANGLE CHOKE

Level 3 - Side Control, Top



Fitch isn't known for his submissions, but he does know how to apply a crushing arm triangle choke from both Side Control and Mount. Work the opponent over before locking in this lethal sub.

STRENGTHS

- Wrestling
- Conditioning
- Heart

Jon Fitch has long been considered one of the greatest welterweight fighters in the world.

Having fallen short in his effort to win the UFC welterweight title against Georges St-Pierre back at UFC 87, Fitch has been content to continue to enforce his dominant wrestling game against his subsequent opponents, bringing them down to the ground and delivering punishing ground-and-pound from the top to secure victory after victory.

Few can withstand Fitch's relentless takedowns and strong grappling ability—use his comparatively limited striking game as a means of getting the opponent to commit to the exchange on the feet, therefore opening them up to Fitch's forceful technique takedowns.

Once you complete a takedown, smother the bottom opponent with Fitch's crushing top game and work at passing guard to rain down even heavier strikes from dominant sub position.

WEAKNESSES

- Speed
- Footwork
- Kicks

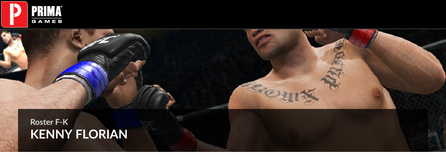
Though a force to be reckoned with on the ground, Fitch is out of his element while fighting on the feet, lacking speed and power in his strikes and suffering from sluggish footwork.

Circle away from Fitch to keep him at bay, and always be ready to stuff his dangerous, forceful takedowns and clinch attempts.

Score points with quick strikes from the outside as you struggle to maintain your distance and keep the fight on the feet.

Back away each time Fitch attempts to close in and be ready to sprawl against his likely takedown, learning to anticipate it each time.

Don't worry if he lands some decent strikes while you focus on stopping his takedowns—his punching power isn't much to worry about, and it's his ground game that you must truly fear.



Roster F-K

KENNY FLORIAN

Video is restricted

NICKNAME: KenFlo

WEIGHT CLASSES: Lightweight and Featherweight

AGE: 35
HEIGHT: 5'10"
REACH: 74"
STANCE: Southpaw and Switch
OVERALL RATING LW: 89 **OVERALL RATING FW:** 89

ATTRIBUTES

ATTRIBUTE	LW RATING	FW RATING
Strength	79	78
Speed	76	77
Cardio	83	82
Footwork	82	82

OFFENSIVE SKILLS

SKILL	LW RATING	FW RATING
Standing Strikes	82	82
Standing Kicks	75	74
Clinch Striking	80	79
Ground Striking	81	80
Clinch Grapple	77	78
Takedown	74	74
Ground Top Grapple	79	79
Ground Bottom Grapple	79	79
Submission	80	80

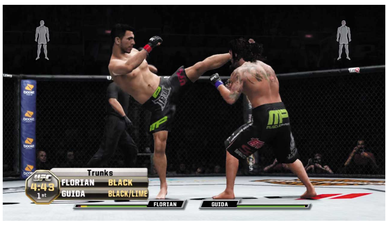
DEFENSIVE SKILLS

SKILL	LW RATING	FW RATING
Standing Strikes	82	82
Standing Kicks	78	78
Clinch Striking	81	79
Ground Striking	80	80
Clinch Grapple	76	76
Takedown	74	74
Ground Top Grapple	82	82
Ground Bottom Grapple	81	81
Submission	84	84

ULTIMATE TECHNIQUES

LEFT/RIGHT MUAY THAI HEAD KICK

LEVEL 3 - BOTH STANDING, STRIKING RANGE



"KenFlo" can really do some damage with these swift and powerful technique kicks. Rock his rivals from range whenever they attempt to initiate exchanges on the feet.

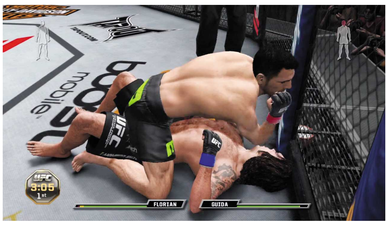
LEFT/RIGHT SWINGING ELBOW

LEVEL 3 - MUAY THAI CLINCH, OFFENSE

Florian is a force to be reckoned with in the Muay Thai Clinch. Lock up with opponents and deliver these brutal technique strikes to inflict tremendous damage and potentially open up severe cuts.

RIGHT/LEFT ELBOW

LEVEL 3 - OPEN GROUND, TOP



Swing for maximum impact with these gnarly elbows, which "KenFlo" can throw from many different sub positions on the ground, including those available in Half Guard and Mount.

STRENGTHS

- Finishing ability
- Dangerous elbows
- Brazilian jiu-jitsu black belt

Kenny "KenFlo" Florian is a gifted Muay Thai kickboxer with great footwork and dangerous striking power.

His conditioning and durability allow him to mix things up with confidence on the feet, looking to land fast shots that rock his opponents and set up TKO and submission victories.

Florian's ground game is world-class, yet he sometimes struggles to bring elite-level grapplers to the mat.

"KenFlo" is also deadly in the clinch—lock up and deliver brutal elbows and knees from the Muay Thai position, devastating opponents with crushing and unrelenting clinch strikes, including power strikes landed after performing stiff clinch whips.

If you can bring the opponent to the ground, Florian can bring down even more brutality in the form of high-level technique elbows that can quickly cut open Kenny's opponents if they can't manage to cover up and improve their position quickly.

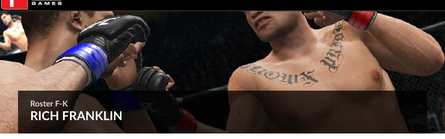
WEAKNESSES

- Speed
- Kicks
- Takedowns

Defeating a top contender like Florian isn't easy, but most of his rivals have enjoyed the most success in outpointing him on the feet. Beat him to the punch in the exchange with superior speed and technique, stinging him with quick strikes as you strive to avoid his dangerous ground game.

Florian's grappling, submissions, and ground-and-pound are all too dangerous to risk dealing with, so stay sharp and look to rock "KenFlo" with fast counters, darting away from his somewhat sluggish strikes each time after you score.

Keep as much distance from him as possible when you aren't attacking, and remain ready to sprawl against his takedowns and clinch attempts—his grappling game is by far his greatest strength, and must be avoided at all costs.



Roster F-K

RICH FRANKLIN

NICKNAME: Ace

WEIGHT CLASSES: Light Heavyweight and Middleweight
AGE: 37
HEIGHT: 6'1"
REACH: 75"
STANCE: Southpaw
OVERALL RATING LHW: 86 **OVERALL RATING MW:** 86

ATTRIBUTES

ATTRIBUTE	LHW RATING	MW RATING
Strength	72	70
Speed	76	76
Cardio	80	81
Footwork	75	76

OFFENSIVE SKILLS

SKILL	LHW RATING	MW RATING
Standing Strikes	80	80
Standing Kicks	79	79
Clinch Striking	82	82
Ground Striking	75	75
Clinch Grapple	80	80
Takedown	79	79
Ground Top Grapple	72	72
Ground Bottom Grapple	74	74
Submission	71	71

DEFENSIVE SKILLS

SKILL	LHW RATING	MW RATING
Standing Strikes	83	83
Standing Kicks	79	79
Clinch Striking	72	72
Ground Striking	78	78
Clinch Grapple	73	73
Takedown	74	74
Ground Top Grapple	76	76
Ground Bottom Grapple	73	73
Submission	83	83

ULTIMATE TECHNIQUES

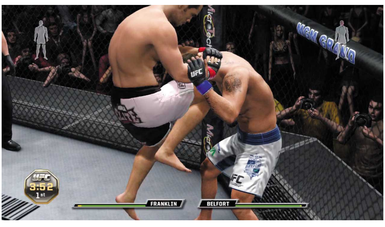
LEFT HEAVY STRAIGHT

LEVEL 2 - BOTH STANDING, STRIKING RANGE

Franklin's left straight is a fast and heavy punch with a respectable reach. Look to land this technique strike often to batter rivals from the outside.

FLYING LEFT/RIGHT KNEE

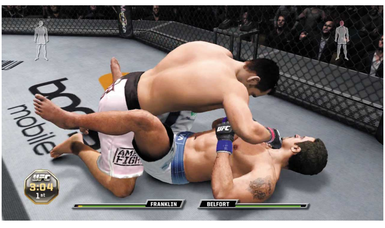
LEVEL - MUAY THAI CLINCH CAGE, OFFENSE



Franklin also has devastating Muay Thai strikes, especially when he presses his opponent against the cage. Unleash these brutal technique knees to rock rivals in the clinch.

LEFT/RIGHT HOOK

LEVEL 2 - OPEN GUARD ,TOP



"Ace" can bring down some nasty technique strikes in multiple sub positions if he chooses to use his strong takedowns or clinch grappling ability to bring the fight to the floor.

STRENGTHS

- Heart
- Conditioning
- Well Rounded

A former UFC middleweight champion, Rich "Ace" Franklin dominated the 185-pound division until he ran into Anderson "The Spider" Silva back at UFC 64.

Though he didn't come out on top during that epic battle, Franklin has gone on to use his excellent technique and well-rounded skill set to remain competitive in both the middleweight and light heavyweight divisions.

He is skilled at throwing both punches and kicks on the feet, lending versatility to his game—keep your distance and try to land his long kicks and heavy left straight.

"Ace" is also dangerous in the clinch, enjoying excellent offensive clinch grappling and striking ability.

Land crushing technique knees in the Muay Thai Clinch when elusive opponents are evading his somewhat lumbering stand-up game.

He can also work some solid ground-and-pound from the top, and his strong offensive clinch grappling skill and takedown ability help him bring the fight there when needed.

WEAKNESSES

- Strength
- Clinch striking defense
- Submissions

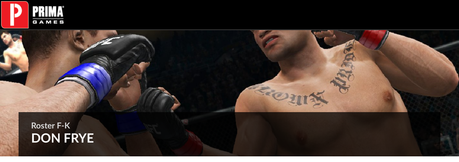
Though he possesses a well-rounded game, Franklin wasn't born a supremely gifted athlete, and he's been known to become overwhelmed by explosive fighters in the past.

He isn't the fastest draw in the west, so try using superior speed and footwork to light him up with quick striking combinations on the feet.

Though he's dangerous in the clinch when working his offense, Franklin is also vulnerable to his opponents' clinch strikes, as made painfully clear by Anderson Silva in both of their brutal encounters inside the Octagon.

In short, don't let "Ace" bully you—pressure him and attack him right back, using superior speed to overwhelm his lackluster striking game and exploiting his poor clinch and ground grappling defense.

Franklin isn't especially good with submissions, so you've little to fear when you've got him on the ground—pass his guard and pour on the offense with power shots from the top.



Roster F-K
DON FRYE

NICKNAME: The Predator
WEIGHT CLASSES: Heavyweight (PRIDE)
AGE: 41
HEIGHT: 6'1"
REACH: 76"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	77
Cardio	84
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	63
Clinch Striking	84
Ground Striking	83
Clinch Grapple	79
Takedown	83
Ground Top Grapple	79
Ground Bottom Grapple	62
Submission	73

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	65
Clinch Striking	74
Ground Striking	79
Clinch Grapple	80
Takedown	84
Ground Top Grapple	80
Ground Bottom Grapple	65
Submission	78

ULTIMATE TECHNIQUES

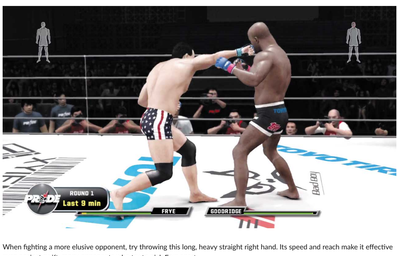
RIGHT OVER HOOK

LEVEL 2 - BOTH STANDING, CLINCH RANGE

This powerful hook is one of Frye's best punches. Bring this huge hook often, using its impressive speed to catch the opponent off guard with a powerful technique strike.

RIGHT HEAVY STRAIGHT

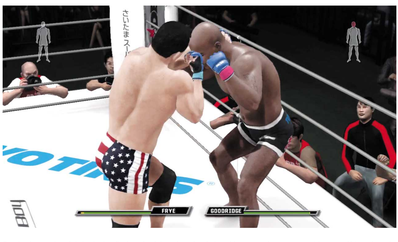
LEVEL 2 - BOTH STANDING, STRIKING RANGE



When fighting a more elusive opponent, try throwing this long, heavy straight right hand. Its speed and reach make it effective even against swift, rangy opponents who try to pick Frye apart.

STRONG LEFT/RIGHT UPPERCUT

LEVEL 2 - MUAY THAI CLINCH CAGE, OFFENSE



Frye is a beast when fighting in the clinch, so land these brutal technique blows to rock opponents with some of his trademark dirty boxing.

STRENGTHS

- Heart
- Wrestling
- Judo

Don "The Predator" Frye was a tremendous fighter who dished out plenty of epic beatings back in the days of PRIDE. Frye packs great power in his fists and has excellent wrestling skills.

He can muscle his opponents around in the clinch and drive them to the mat with strong takedowns that put him into position to unleash some of his brutal ground-and-pound.

Look to land big power shots on the feet with Frye, but don't commit to the stand-up battle—either clinch up or shoot in for a takedown as soon as you can, then hammer away with powerful dirty boxing and ground strikes.

Keep his opponents in disadvantageous grappling positions to minimize their athletic advantages and allow "The Predator" a chance to outwork them with his superior wrestling ability and excellent cardio.

WEAKNESSES

- Speed
- Footwork
- Ground bottom grappling

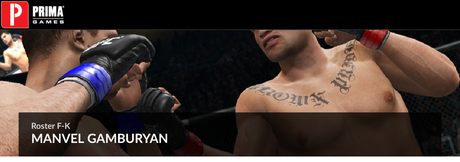
"The Predator" is a beast of a grappler, so don't give him a chance to put his big mitts on you. Keep away from him, remaining elusive by implementing superior footwork.

Attack his legs and body with quick kicks from the outside—"The Predator" suffers significant damage from his opponents' kicks, so cripple his movement and agility with plenty of leg kicks to make him an even easier target on the feet.

Respect his punching power and keep your combos brief, darting out of countering range each time after you throw.

Don't let him take you down, but don't shy away from stuffing him onto his back if he's becoming wild on the feet—he doesn't do well when fighting from the bottom.

Frye is no easy mark for submissions, but he struggles to improve his position off his back—score a takedown and then work at achieving dominant position to exploit the lack of ground grappling defense in his game.



Roster F-K

MANVEL GAMBURYAN

NICKNAME: The Anvil
WEIGHT CLASSES: Featherweight
AGE: 30
HEIGHT: 5'5"
REACH: 67"
STANCE: Orthtodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	75
Cardio	84
Footwork	71

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	72
Clinch Striking	77
Ground Striking	83
Clinch Grapple	75
Takedown	80
Ground Top Grapple	80
Ground Bottom Grapple	77
Submission	76

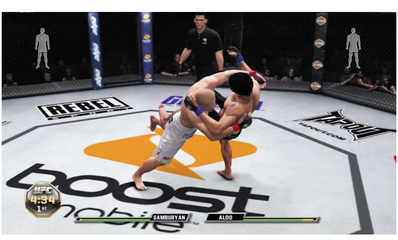
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	74
Clinch Striking	79
Ground Striking	85
Clinch Grapple	76
Takedown	82
Ground Top Grapple	79
Ground Bottom Grapple	79
Submission	80

ULTIMATE TECHNIQUES

JUDO OSOTO GARI TO SIDE CONTROL, TOP

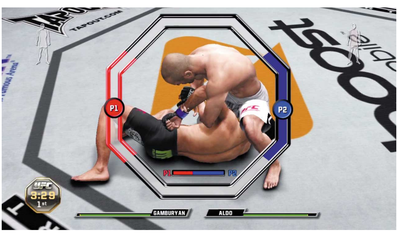
LEVEL 1 - SINGLE COLLAR TIE



Though somewhat low-level, this excellent technique move can allow "The Anvil" to transition into dominant Side Control on the ground from a standard Single Collar Tie clinch. Nice!

DIRECT CATCH TO KIMURA FROM SIDE CONTROL, TOP

LEVEL 2 - SIDE CONTROL, TOP



After transitioning into Side Control, don't posture up into sub position, but instead simply lock in this powerful kimura from the top—Gamburyan's opponents may not be expecting this.

DIRECT CATCH TO KIMURA FROM OPEN GUARD, BOTTOM

LEVEL 2 - OPEN GUARD CLINCH, BOTTOM

Gamburyan can attack with great strength from the bottom as well as the top. Grab his opponent in a ground clinch, then go for the kimura to crank his shoulder from the bottom.

STRENGTHS

- Judo
- Submissions
- Aggressive Style

Manvel "The Anvil" Gamburyan is a powerful submission grappler whose excellent judo throws from the clinch can land him in dominant positions on the ground.

Once Gamburyan brings his opponent down to the mat, he can then work at applying his dangerous arm locks and chokes.

Though extremely strong for his weight class, "The Anvil" is not very fast or proficient on the feet—it's best to use his limited striking ability as a means of working your way into the clinch, or to set up driving takedowns.

He knows a variety of clinch throws and suplexes that can land him in dominant Side Control on the ground—try locking in kimuras from here, or pass to Mount and work some devastating ground-and-pound as you look for the TKO win.

WEAKNESSES

- Speed
- Footwork
- Kick Defense

"The Anvil" is a powerful striker, but his poor speed, limited footwork, and low-level striking technique make him easy prey for seasoned kickboxers.

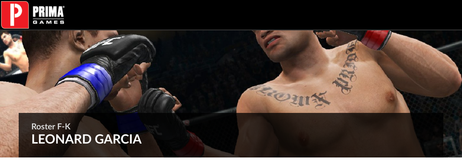
Avoid his grappling game, and you'll find him easy to outmaneuver and dismantle on the feet.

Use constant movement and throw quick strikes in short combinations to pick him apart from the outside.

Don't shoot for takedowns even if he's being aggressive and coming forward—Gamburyan is dangerous off his back and can threaten you with powerful submissions from the bottom.

Simply avoid the grappling game entirely by remaining elusive and exploiting his poor footwork and limited striking ability.

Work over his legs with plenty of leg kicks to slow him down even further and make "The Anvil" easier to outmaneuver and punish on the feet.



Roster F-K

LEONARD GARCIA

NICKNAME: Bad Boy
WEIGHT CLASSES: Featherweight
AGE: 32
HEIGHT: 5'10"
REACH: 68"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	78
Cardio	85
Footwork	78

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	75
Clinch Striking	78
Ground Striking	79
Clinch Grapple	68
Takedown	75
Ground Top Grapple	72
Ground Bottom Grapple	70
Submission	70

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	74
Clinch Striking	76
Ground Striking	79
Clinch Grapple	71
Takedown	74
Ground Top Grapple	75
Ground Bottom Grapple	74
Submission	75

ULTIMATE TECHNIQUES

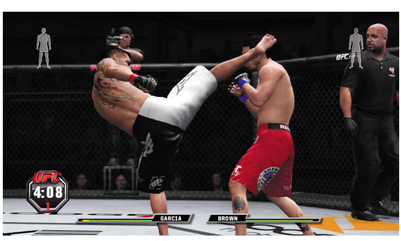
RIGHT OVER HOOK

LEVEL 2 - BOTH STANDING, STRIKING RANGE

"Bad Boy" is known for throwing down on the feet, and this huge looping hook is one of his favorite standing technique strikes. It's not the fastest punch in his arsenal, but it packs tremendous power.

NAPAO'S RIGHT HEAD KICK

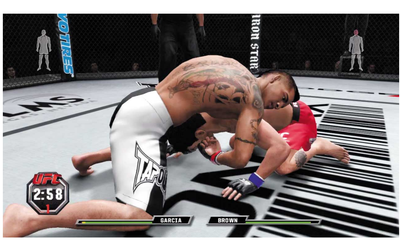
LEVEL 2 - BOTH STANDING, STRIKING RANGE



Though he prefers to use his heavy hands, Garcia also knows how to lash out with devastating head kicks. This particular technique strike can easily rock any of his rivals.

STRONG LEFT/RIGHT HOOK

LEVEL 2 - SPRAWL, TOP



Many of Garcia's opponents choose to shoot in and test him on the ground. Land these heavy technique strikes each time he manages to sprawl and stuff his rivals' shots.

STRENGTHS

- Knockout power
- Aggressive Style
- Heart

Leonard "Bad Boy" Garcia is a knockout artist whose great cardio allows him to fight hard and pressure his opponents, seeking to overwhelm them with his relentless offense.

Garcia hits hard for a featherweight and doesn't tire easily, and this allows him to keep his dangerous hands flying in lethal combinations throughout the fight.

Avoid being too aggressive when fighting with him, however—he is susceptible to the takedown and doesn't fight particularly well off of his back.

Keep the fight standing instead, and strike with a mix of quick combos and heavy technique blows in the hopes of catching the opponent off guard and rocking him with a big shot that he wasn't prepared for.

WEAKNESSES

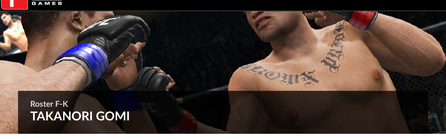
- Clinch grappling
- Ground grappling
- Submissions

"Bad Boy" is a tough brawler who comes into each fight in excellent shape, but he lacks discipline and technique on the feet. Exploit his lack of striking versatility by out-boxing him with crisper combos and more cunning and varied technique strikes.

Or clinch up with him to exploit his poor control in the clinch game—press Garcia against the fence and work him over with heavy technique strikes in the clinch to score big damage and sap his will and ability to fight.

"Bad Boy" is also fairly easy to control on the ground—bring him down and pass to dominant position so you can hammer away without fear of retaliation from the bottom.

He is susceptible to submissions as well, so try finishing the fight with one if you're in good position and confident in your fighter's skill.



Roster F-K

TAKANORI GOMI

NICKNAME: The Fireball Kid

WEIGHT CLASSES: Lightweight

AGE: 33
HEIGHT: 5'8"
REACH: 70"
STANCE: Southpaw and Switch
OVERALL RATING LW: 87
OVERALL RATING LW (PRIDE): 88

ATTRIBUTES

ATTRIBUTE	LW RATING	LW(PRIDE) RATING
Strength	82	82
Speed	82	82
Cardio	82	83
Footwork	80	80

OFFENSIVE SKILLS

SKILL	LW RATING	LW(PRIDE) RATING
Standing Strikes	84	85
Standing Kicks	75	75
Clinch Striking	78	78
Ground Striking	82	82
Clinch Grapple	76	76
Takedown	70	70
Ground Top Grapple	76	76
Ground Bottom Grapple	74	74
Submission	68	68

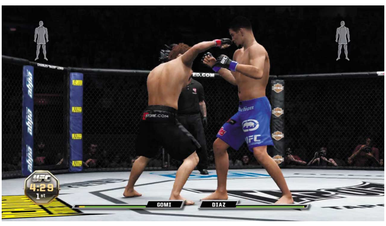
DEFENSIVE SKILLS

SKILL	LW RATING	LW(PRIDE) RATING
Standing Strikes	80	81
Standing Kicks	80	80
Clinch Striking	80	80
Ground Striking	84	84
Clinch Grapple	79	79
Takedown	77	77
Ground Top Grapple	79	79
Ground Bottom Grapple	72	72
Submission	73	73

ULTIMATE TECHNIQUES

DUCKING LEFT/RIGHT HOOK

LEVEL 3 - BOTH STANDING, STRIKING RANGE



Gomi can unleash these powerful hooks to catch opposing strikers as they attempt to close in. Make use of his speed and try combining these technique strikes for maximum impact.

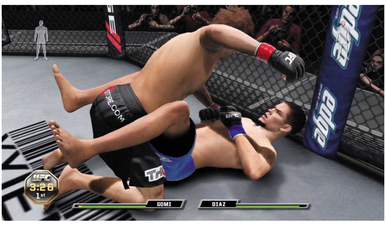
LUNGING LEFT HOOK

LEVEL 3 - BOTH STANDING, STRIKING RANGE

When remaining elusive and striking from the outside, "The Fireball Kid" can lunge forward and deliver a heavy left hand. The range of this technique strike makes it useful from the outside.

LEFT/RIGHT HOOK

LEVEL 2 - OPEN GUARD, TOP



Though he doesn't often utilize it, "The Fireball Kid" has excellent ground-and-pound from many sub positions. Bring his opponents to the mat, then bring down these heavy technique hooks.

STRENGTHS

- Knockout power
- Striking
- Experience

Takanori Gomi, "The Fireball Kid," is a feared striker who held the lightweight championship back during his unstoppable run in PRIDE.

More recently, "The Fireball Kid" has had mixed results in the UFC, yet he continues to find success using his excellent hand speed and knockout power to dismantle his rivals in the striking game.

Keep the fight upright when you choose to fight as Gomi, setting up his fast, heavy hands with his agile footwork.

Unleash his high-level technique strikes to batter his opponents on the feet, but remain patient and keep a respectable distance away from grapplers—he tends to fizzle when he's taken down and trapped on bottom.

Stay elusive on the feet and look to impose his dominant boxing game to end his opponent's night with a big punch that he never saw coming.

WEAKNESSES

- Takedowns
- Submissions
- Ground bottom grappling

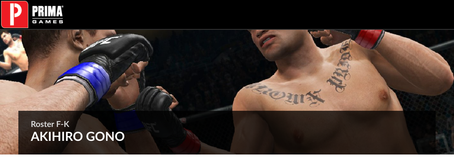
"The Fireball Kid" is an extremely dangerous striker, so respect his boxing game and keep your hands up at all times.

Strike with extreme caution against Gomi, picking your shots carefully as you look for opportunities to shoot in for the takedown or clinch up and turn the fight into a grappling match.

He has the advantage for as long as the fight remains on the feet, so get him to commit to a striking exchange and then dive in for the takedown as soon as you're able.

Once you've got him on his back, work at passing his nontreatening guard and get into dominant position. With poor submission ability,

"The Fireball Kid" can't bring the heat while he's being held on bottom—keep him down to extinguish his offense and look to end his night with a sudden submission, which "The Fireball Kid" is susceptible to.



Roster F-K

AKIHIRO GONO

NICKNAME: The Japanese Sensation

WEIGHT CLASSES: Middleweight (PRIDE), Welterweight (PRIDE)

AGE: 32
HEIGHT: 5'7"
REACH: 68"
STANCE: Orthodox and Switch
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	MW (PRIDE) RATING	WW (PRIDE) RATING
Strength	77	77
Speed	88	89
Cardio	83	83
Footwork	81	81

OFFENSIVE SKILLS

ATTRIBUTE	MW (PRIDE) RATING	WW (PRIDE) RATING
Standing Strikes	83	83
Standing Kicks	86	86
Clinch Striking	74	74
Ground Striking	72	72
Clinch Grapple	78	78
Takedown	76	76
Ground Top Grapple	78	78
Ground Bottom Grapple	76	76
Submission	73	73

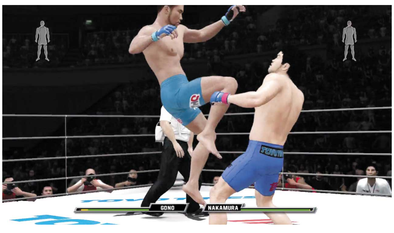
DEFENSIVE SKILLS

ATTRIBUTE	MW (PRIDE) RATING	WW (PRIDE) RATING
Standing Strikes	74	74
Standing Kicks	78	78
Clinch Striking	77	77
Ground Striking	75	75
Clinch Grapple	80	80
Takedown	77	77
Ground Top Grapple	80	80
Ground Bottom Grapple	78	78
Submission	76	76

ULTIMATE TECHNIQUES

TWO STEP RIGHT/LEFT FLYING KNEE

Level 2 - Both Standing, Striking Range



"The Japanese Sensation" can deliver these devastating flying knees practically anytime while the fight is kept standing. Launch forward and catch his rivals off guard!

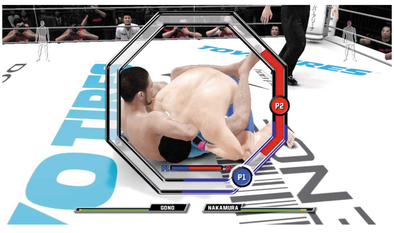
FLYING RIGHT/LEFT KNEE

Level 2 - Muay Thai Clinch Cage, Offense

Batter opponents with big knees in the Muay Thai Clinch as well. Gono has good control in clinch positions, so press the opponent into the fence and let loose with these lethal knees.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 2 - Sprawl, Top



Gono has good submissions and takedown defense—combine the two by dropping down for a dangerous guillotine each time he manages to sprawl and stuff his opponents' takedowns.

STRENGTHS

- Well rounded
- Experience
- Heart

Akihiro Gono, "The Japanese Sensation," was an extremely fast and dangerous fighter back in the days of PRIDE. His great speed and well-rounded striking game allowed him to frustrate his opponents with a varied and dangerous stand-up attack on the feet.

Use Gono's tremendous speed and agility to move into and out of range, scoring with his powerful punches and kicks. He has a deep gas tank, so press the action and work the opponent over with an aggressive pace.

He can be vulnerable to strikes on the feet, however, so beware of allowing the opponent to land too often. A well-rounded fighter, Akihiro can also be effective in the clinch, with solid clinch control and effective striking, including punishing knees.

"The Japanese Sensation" is also able to work an effective ground game, using his limited ground-and-pound as a means of setting up his dangerous submissions from the top.

Try attacking with Gono's kimura from Side Control—he can switch to an armbar from there if the initial kimura doesn't get the job done.

WEAKNESSES

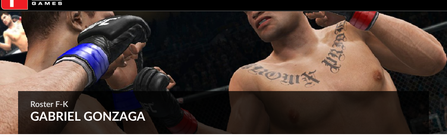
- Strength
- Strike defense
- Ground striking

Gono's speed, footwork, and power in both his hands and kicks make him a dangerous opponent to stand and trade blows with on the feet.

In truth, "The Japanese Sensation" is a threat everywhere, but it's best to try to gain some advantage by locking up in a clinch or scoring a well-timed short takedown.

Put him out of his element by working your way into a positional advantage in the clinch or on the ground, then either attack with powerful technique strikes in the Muay Thai Clinch or land some pulverizing ground-and-pound after you've gained dominant top position against him on the ground.

He is no stranger to fighting off of his back, so don't get too comfortable while on top—fight your way back to dominant position each time Akihiro manages to improve his bottom posture, and only attack in force when you're in the ideal spot to do damage.



Roster F-K

GABRIEL GONZAGA

NICKNAME: Napao
WEIGHT CLASSES: Heavyweight
AGE: 32
HEIGHT: 6'2"
REACH: 72"
STANCE: Orthodox
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	78
Speed	71
Cardio	69
Footwork	73

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	78
Clinch Striking	73
Ground Striking	73
Clinch Grapple	68
Takedown	70
Ground Top Grapple	79
Ground Bottom Grapple	80
Submission	80

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	74
Clinch Striking	65
Ground Striking	68
Clinch Grapple	66
Takedown	73
Ground Top Grapple	77
Ground Bottom Grapple	81
Submission	82

ULTIMATE TECHNIQUES

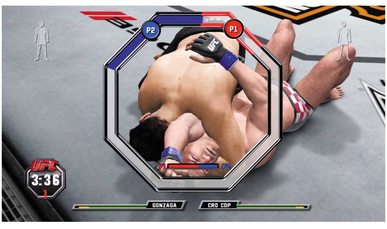
NAPAO'S RIGHT HEAD KICK

Level 3 - Both Standing, Striking Range

"Napao's" signature head kick became world famous after he used it to KO Mirko Cro Cop in dramatic fashion back at UFC 70. Use this heavy technique strike to rock opponents on the feet.

DIRECT CATCH TO ARM TRIANGLE CHOKE

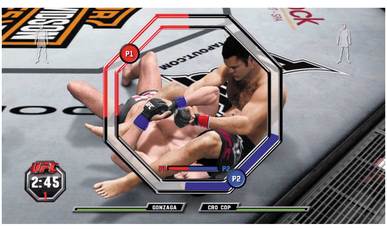
Level 3 - Side Control, Top



Gonzaga can put his opponents to sleep with a nasty arm triangle from Side Control or Mount. Move to Side Control and posture up into sub position to lock in this excellent choke.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 3 - Mount, Top



A Brazilian *Jiu-Jitsu* black belt, Gonzaga can also lock in an excellent armbar from Mount. Use his strong grappling ability to move to this dominant position, then finish the opponent with this powerful sub.

STRENGTHS

- Striking
- Knockout Power
- Brazilian jiu-jitsu black belt

Gabriel "Napao" Gonzaga burst onto the UFC heavyweight scene by doing the unthinkable: dropping the legendary Mirko Cro Cop with a stunning head kick that left no doubt about the kind of knockout power he possesses.

Though it proved his ability to get the job done on the feet, this incredible KO has overshadowed his true strength: his dominant ground game.

Throw Gonzaga's dangerous head kicks to threaten the opponent on the feet, but look for a chance to bring the fight to the ground so you can employ his excellent jiu-jitsu skills.

It isn't easy for Gonzaga to bring the fight to the mat, but once he gets his opponent down, his strength and technique help him pass to dominant position and secure high-level submissions that are difficult to escape.

Look to switch between subs whenever the Submission Switch icon appears onscreen—this is a great way to ensure you force the tap.

WEAKNESSES

- Speed
- Cardio
- Clinch fighting

Though infamous for his epic head kick knockout of Mirko Cro Cop, "Napao" is far from the most talented striker in the UFC heavyweight division.

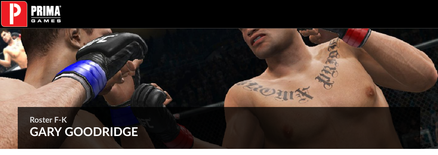
He lacks speed and footwork technique, and he's vulnerable to being rocked by his opponent's counters—this allows swift strikers and heavy hitters to overwhelm him with their superior speed and power.

Gonzaga's best place to be in a fight is working for subs on the ground, but he's weak in the clinch and doesn't have a particularly strong takedown, either.

Don't give him the opportunity to take you down—be cautious with your striking and favor quick strikes and short combos to avoid leaving many openings for "Napao" to shoot in and grapple.

Though clinching with him puts you closer to his submission game, he has poor control in the clinch and suffers tremendous damage from clinch strikes.

Work him over in the Muay Thai Clinch if your fighter has skill in this area, but don't let "Napao" drag you to the mat while battling him in the clinch.



Roster F-K

GARY GOODRIDGE

NICKNAME: Big Daddy
WEIGHT CLASSES: Heavyweight (PRIDE)
AGE: 41
HEIGHT: 6'3"
REACH: 77"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	89
Speed	77
Cardio	80
Footwork	79

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	84
Clinch Striking	80
Ground Striking	83
Clinch Grapple	83
Takedown	66
Ground Top Grapple	77
Ground Bottom Grapple	62
Submission	59

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	75
Clinch Striking	82
Ground Striking	81
Clinch Grapple	80
Takedown	68
Ground Top Grapple	78
Ground Bottom Grapple	66
Submission	70

ULTIMATE TECHNIQUES

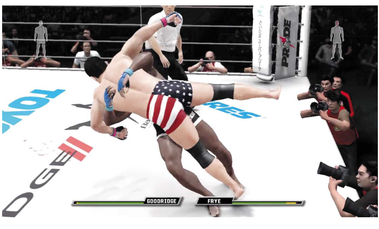
RIGHT HEAVY STRAIGHT

Level 2 - Both Standing, Striking Range

Goodridge has a good ground game from the top, but he struggles to complete takedowns on the feet. He excels in the clinch, however, so use this powerful suplex to bring his opponents to the mat.

SUPLEX TO SIDE CONTROL, TOP

Level 2 - Double Underhook



Goodridge has a good ground game from the top, but he struggles to complete takedowns on the feet. He excels in the clinch, however, so use this powerful suplex to bring his opponents to the mat.

LEFT/RIGHT HOOK

Level 3 - Open Guard,Top

Goodridge's heavy hands only get heavier when he throws them from the top position on the ground. Posture up in Open Guard, Half Guard, or Mount and bring the pain with these brutal technique strikes.

STRENGTHS

- Knockout power
- Aggressive style
- Finishing ability

Gary "Big Daddy" Goodridge was a terror back in the days of PRIDE, famous for overwhelming his opponents with his tremendous strength and power behind his strikes.

A gifted kickboxer with explosive technique, Goodridge can easily rock and drop anyone in his division with his lethal hands, elbows, knees, and kicks.

He has decent footwork and speed for a heavyweight, so try to keep the fight standing and punish his opponents with fast, powerful striking.

Be cautious when facing takedown artists, for the only place that "Big Daddy" doesn't fight well is off his back. He can work the clinch to great effect—employ his crushing clinch game against elusive strikers who are getting the better of him in the stand-up.

Trips and suplexes from the clinch are also his best means of bringing the fight to the floor, where he can unleash his devastating ground-and-pound after posturing up in various top positions.

Look to land technique strikes from the top and quickly rock Goodridge's rivals each time he manages to bring them to the mat.

WEAKNESSES

- Takedowns
- Submissions
- Ground bottom grappling

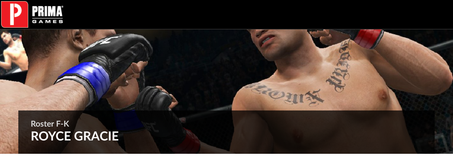
"Big Daddy" is a powerhouse striker with devastating knees and kicks in addition to his heavy hands, so his opponents would do well to respect his striking power.

Try to pick him apart on the feet with superior speed and footwork if you're able, but don't go chasing after the knockout.

Counter-strike against the aggressive Goodridge, looking to stun him with a quick counter he never saw coming. If he is swinging wildly on the feet, try shooting in for a short takedown and putting him in a precarious position on bottom.

He doesn't fare well when forced to fight off his back, lacking in submissions and grappling ability—struggle to pass to dominant top position, striking his midsection to wear him down.

"Big Daddy" is susceptible to submissions, so be patient while on top and take your time while working to set up a fight-ending sub.



Roster F-K
ROYCE GRACIE

NICKNAME: N/A

WEIGHT CLASSES: Welterweight (PRIDE)
AGE: 40
HEIGHT: 6'1"
REACH: 76.5"
STANCE: Orthodox and Switch
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	70
Speed	69
Cardio	87
Footwork	69

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	68
Standing Kicks	66
Clinch Striking	69
Ground Striking	72
Clinch Grapple	79
Takedown	70
Ground Top Grapple	84
Ground Bottom Grapple	74
Submission	88

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	63
Clinch Striking	73
Ground Striking	76
Clinch Grapple	81
Takedown	77
Ground Top Grapple	82
Ground Bottom Grapple	76
Submission	83

ULTIMATE TECHNIQUES

QUICK HEAD KICK

Level 1 - Both Standing, Striking Range

Though not particularly powerful, this swift technique kick allows Gracie to threaten his opponent while attempting to keep his distance. Land a few of these to throw off the opponent's timing.

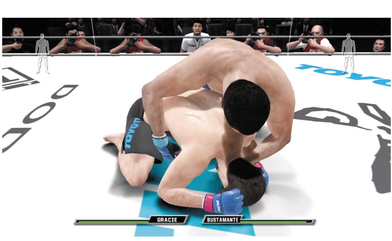
DIRECT CATCH TO ARMBAR

Level 2 - Single Collar Tie

Few fighters can perform submissions from the clinch. Of course, Royce Gracie is one of the few. Lock up in the Single Collar Tie clinch, then surprise his opponent with this unexpected technique sub.

DIRECT CATCH TO UPWARD REAR NAKED CHOKE

Level 3 - Back Side Control, Bottom



Whenever Gracie manages to take his opponent's back, he's able to sink in lethal chokes from behind. Score a takedown from the Back Clinch to set up these excellent submissions.

STRENGTHS

- Submissions
- World-class experience
- Heart

One of the greatest fighters to ever live, Royce Gracie revolutionized the entire concept of fighting in combat sports when he introduced the world to his family's unique brand of martial art: Brazilian Jiu-Jitsu (BJJ).

This crippling style of submission grappling quickly became recognized as a necessary tool for all serious sports combat athletes, largely because of how effortlessly he commanded it: Once he'd brought his opponents to the ground, they were trapped, and Gracie would eventually force them to submit.

Bring his adversaries to the ground as soon as you're able, either by shooting in for short takedowns on the feet, or by pulling guard or performing judo throws from the clinch.

Once the fight has hit the floor, he can begin to work his lethal submission game—look for kimuras from clinch positions while stuck on bottom, and attempt armbars and chokes from the top when you gain dominant position.

As an innovator of BJJ, Gracie can perform high-level submissions in many different ground positions, and he can even switch between them to prolong his odds of forcing the tap.

WEAKNESSES

- Speed
- Striking
- Kick defense

Though his submission grappling is beyond compare, Royce Gracie suffers from a lackluster stand-up game, which makes him highly vulnerable while he fights on the feet.

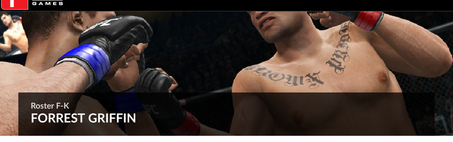
Elusive kickboxing is the ideal way to confront this grappling master—keep him on the end of your quick kicks, maintaining distance to remain ready to defend against his takedowns.

He is particularly vulnerable to kicks, so sting him with them over and over once you're confident with your range and timing.

Work him over with sharp kickboxing to punish him in the stand-up, denying him the chance to employ his fearsome ground game.

Gracie knows submissions from the Single Collar Tie clinch, so don't risk tying up with him, even on the feet.

Keep well out of his grasp and punish him with superior striking on the feet to expose the gaping hole in this MMA legend's stand-up game.



Roster F-K

FORREST GRIFFIN

NICKNAME: The Original Ultimate Fighter
WEIGHT CLASSES: Light Heavyweight
AGE: 32
HEIGHT: 6'3"
REACH: 77"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	72
Speed	79
Cardio	88
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	80
Clinch Striking	70
Ground Striking	68
Clinch Grapple	68
Takedown	72
Ground Top Grapple	79
Ground Bottom Grapple	74
Submission	78

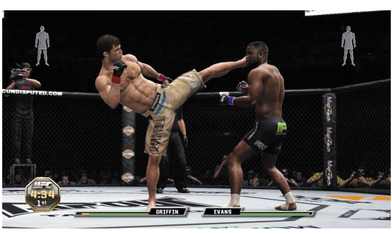
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	81
Clinch Striking	70
Ground Striking	73
Clinch Grapple	76
Takedown	73
Ground Top Grapple	80
Ground Bottom Grapple	75
Submission	80

ULTIMATE TECHNIQUES

FORREST'S LEFT HEAD KICK

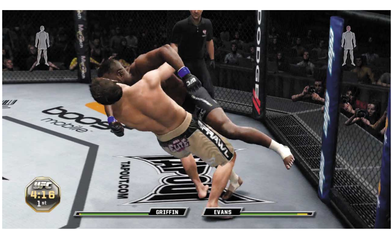
Level 3 - Both Standing, Striking Range



Griffin throws his signature head kick with great range and accuracy. Unleash this excellent technique strike to crack his adversaries with an unexpected shin to the chin.

SUPLEX TO SIDE CONTROL

Level 2 - Double Underhook, Offense



When standing takedowns aren't doing the job, bring Griffin's opponents to the ground in style with this huge suplex, available from either the Double Underhook or Body Lock clinch.

DIRECT CATCH TO TRIANGLE

Level 2 - Open Guard Clinch, Bottom

A well-rounded fighter, Griffin has the ability to threaten with triangles when fighting off of his back. Move the top opponent into Open Guard Clinch or Butterfly Guard to attempt this wicked technique sub.

STRENGTHS

- Well rounded
- Heart
- Conditioning

Forrest Griffin is one of the most recognized faces in mainstream MMA today.

This well-rounded UFC warrior's epic display of heart during the original season finale of The Ultimate Fighter helped catapult the sport of MMA to the glorious state of mainstream exposure it now enjoys.

Rely on Griffin's great cardio and push the pace against his rivals, working to overwhelm them with his exceptional conditioning.

Throw plenty of powerful kicks on the feet to break down his opponents from range, but don't get too aggressive because Griffin is susceptible to the takedown.

Avoid the clinch, where he's weakest, but feel confident taking the fight to the ground if the chance permits—Griffin has an underrated ground game and can work for some nasty submissions from both the top and bottom when fighting on the floor.

WEAKNESSES

- Strength
- Clinch grappling
- Ground-and-pound

Though he brings a well-rounded skill set and a deep gas tank with him into the Octagon, this former UFC light heavyweight champion isn't the most athletic fighter in his division.

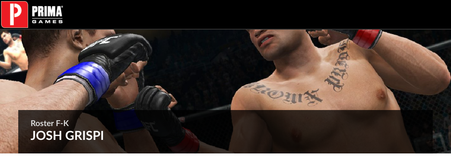
Wherever the fight against Griffin happens to go, try to get the better of him with superior speed and explosiveness.

His kicks are his most dangerous weapons on the feet, so swarm him in the striking battle and don't linger within his kicking distance.

Clinch up to exploit his lack of control and offense in the clinch—press him against the cage for maximum benefit over the position.

Work him over with heavy strikes in the Muay Thai Clinch; they will quickly add up against the former champ.

Score big clinch throws and takedowns to land in dominant position on the ground, thereby preventing Griffin from attacking with his dangerous submissions from the bottom.



Roster F-K

JOSH GRISPI

NICKNAME: The Fluke
WEIGHT CLASSES: Featherweight
AGE: 23
HEIGHT: 5'11"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	78
Cardio	77
Footwork	73

OFFENSIVE SKILL

SKILL	RATING
Standing Strikes	74
Standing Kicks	74
Clinch Striking	73
Ground Striking	76
Clinch Grapple	69
Takedown	77
Ground Top Grapple	79
Ground Bottom Grapple	78
Submission	80

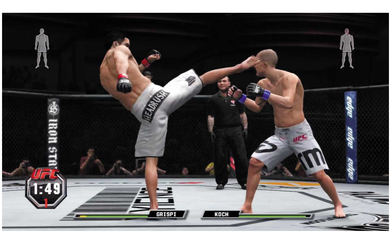
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	73
Clinch Striking	75
Ground Striking	78
Clinch Grapple	72
Takedown	79
Ground Top Grapple	81
Ground Bottom Grapple	80
Submission	83

ULTIMATE TECHNIQUES

RIGHT/LEFT MUAY THAI HEAD KICK

Level 2 - Both Standing, Striking Range



"The Fluke" throws lethal head kicks when fighting his opponents on the feet. Look to land these heavy technique strikes, which rank among his best standing attacks.

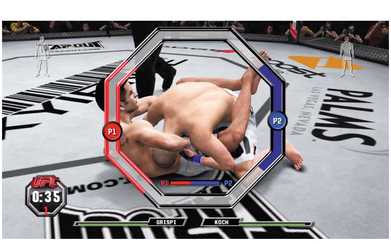
JUMPING SINGLE LEG TAKEDOWN

Level 2 - Both Standing, Striking Range

Bring the fight to the ground in short order with this leaping single leg, which is tough to stuff. Once the action hits the mat, you'll be able to work Grispi's strong submission grappling game.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3 - Sprawl, Top



Grispi can apply a high-level guillotine against opponents who fail to properly time their takedowns against him. Look for this same excellent choke when he finds himself in seated positions against the cage.

STRENGTHS

- Striking
- Submissions
- Finishing ability

Josh "The Fluke" Grispi is a well-rounded fighter with solid striking, wrestling, and submission skills.

He has a particularly excellent guillotine choke that can be applied after sprawling against his opponent's takedown or whenever he finds himself seated against the cage on bottom.

Use Grispi's strong kicks to punish his opponents from the outside, or pressure them on the feet, looking to set up the takedown.

Get the fight to the ground so you can work his impressive ground striking and submission game.

Work your way to dominant position so you can lock in strong submissions, such as armbars from Mount.

He's also good at catching his rivals in subs from the bottom should they decide to take him down and test his skills on the ground.

However, Grispi's best submissions are chokes applied from behind or armbars secured from dominant top position.

WEAKNESSES

- Footwork
- Clinch striking
- Clinch grappling

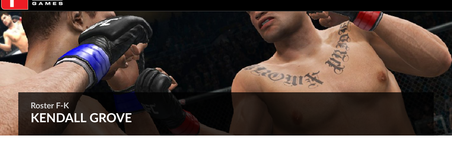
Josh Grispi is a dangerous fighter with good submissions and a solid all-around skill set, but he's been shown to have certain vulnerabilities in the striking department.

Exploit his lackluster speed and shoddy footwork by catching him with quick strikes and counters from the outside.

Keep your distance to avoid being taken down by "The Fluke"—you don't want to struggle against his strong submission game.

Though Grispi doesn't shine in the clinch, he does know how to use the position to bring his rivals to the mat—avoid clinching with him unless you're supremely confident in your fighter's grappling ability, instead favoring the striking game, where he can be picked apart with less risk.

Bring kicks if your fighter is able to damage Grispi's legs and slow him down, making him even more vulnerable to your elusive offense.



Roster F-K

KENDALL GROVE

NICKNAME: Da Spyder
WEIGHT CLASSES: Middleweight
AGE: 29
HEIGHT: 6'6"
REACH: 79"
STANCE: Orthodox
OVERALL RATING: 80

ATTRIBUTES

ATTRIBUTE	RATING
Strength	65
Speed	73
Cardio	63
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	82
Clinch Striking	79
Ground Striking	74
Clinch Grapple	74
Takedown	66
Ground Top Grapple	67
Ground Bottom Grapple	70
Submission	78

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	70
Standing Kicks	74
Clinch Striking	67
Ground Striking	68
Clinch Grapple	72
Takedown	60
Ground Top Grapple	77
Ground Bottom Grapple	72
Submission	70

ULTIMATE TECHNIQUES

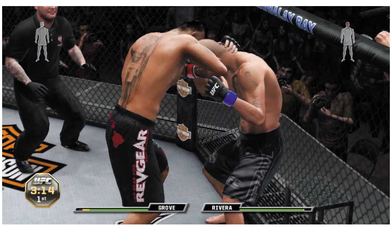
LEFT/RIGHT FRONT UPPER KICK

Level 3 - Both Standing, Striking Range

Though far from Grove's most powerful kicks, these high-level technique strikes take perfect advantage of his long legs, helping him punish aggressive adversaries as he maintains the ideal striking distance.

LEFT/RIGHT DOWNWARD ARCING ELBOW

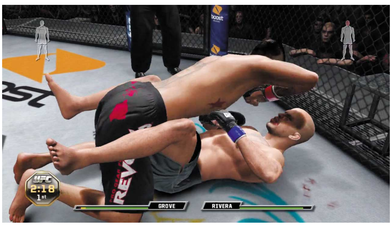
Level 3 - Muay Thai Clinch Cage, Offense



Grove's elbows are lethal in the Muay Thai Clinch, especially when he presses his opponent against the cage. Trap his rivals in the web of "Da Spyder" by working them over with clinch strikes against the cage.

RIGHT/LEFT ELBOW

Level 3 - Open Guard, Top



Continue to feed Grove's opponents a steady diet of elbows from the top position whenever the action hits the ground. He can also deliver these same deadly elbows in the Half Guard and Mount positions.

STRENGTHS

- Height
- Heart
- Well rounded

Kendall "Da Spyder" Grove is a tall fighter who uses his great height and reach to his advantage during every aspect of the fight game.

Use Grove's excellent reach and kicking ability to attack his opponents from the outside, landing quick strikes against them from a range that most rivals cannot effectively counter.

He doesn't pack much power in his hands and is vulnerable to the takedown, so don't get too wild with his strikes—use his footwork to set up fast combos and counters as you focus on maintaining distance from the opponent on the feet.

He's also dangerous in the clinch, wielding some very nasty Muay Thai elbows and knees that can quickly cut or rock his rival.

While Grove can work for some pretty decent submissions on the ground, his grappling ability isn't strong enough to let him gain dominant position against most opponents.

Unless his rival struggles at ground defense, it's usually best to stick with his clinch or striking game, where he can utilize his reach more effectively.

WEAKNESSES

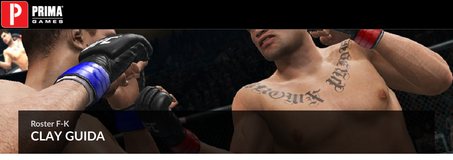
- Strength
- Cardio
- Takedown defense

Grove enjoys a tremendous height and reach advantage over most of his opponents, so it's important to negate this natural advantage by staying aggressive and fighting Da Spyder on the inside.

Get in his face and smash him with superior speed and power on the feet—he isn't known for his ability to take a flush punch, and you don't have to hit him many times to rock him and send him spinning down to the mat.

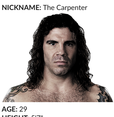
Though strong in offensive clinch positions, he struggles to defend himself against clinch strikes and can be smashed in the clinch when pitted against stronger rivals who can control the position with greater success.

Grove is also vulnerable to takedowns and ground-and-pound, and his wrestling game isn't terribly advanced—duck under one of his long kicks and bring him to the mat with a short takedown, then move out of his dangerous guard so you can freely beat him down with some heavy ground-and-pound.



Roster F-K
CLAY GUIDA

NICKNAME: The Carpenter



WEIGHT CLASSES: Lightweight
AGE: 29
HEIGHT: 5'7"
REACH: 68"
STANCE: Orthodox and Switch
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	76
Speed	82
Cardio	90
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	71
Clinch Striking	76
Ground Striking	84
Clinch Grapple	78
Takedown	85
Ground Top Grapple	70
Ground Bottom Grapple	70
Submission	79

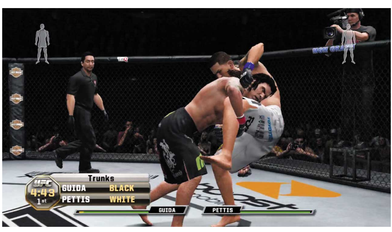
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	74
Clinch Striking	78
Ground Striking	80
Clinch Grapple	79
Takedown	83
Ground Top Grapple	70
Ground Bottom Grapple	82
Submission	74

ULTIMATE TECHNIQUES

LEG SWEEP DOUBLE LEG TAKEDOWN

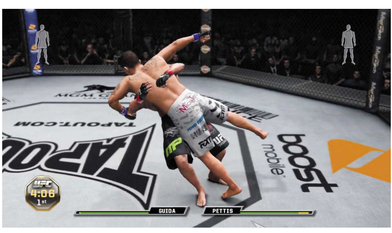
Level 2 - Both Standing, Striking Range



"The Carpenter" is at his best when he's pouring on the ground-and-pound, so use his excellent double leg takedown to bring the action to the mat as soon as possible.

SUPLEX TO SIDE CONTROL, TOP

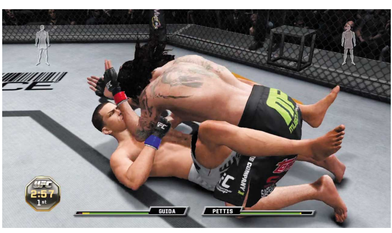
Level 2 - Double Underhook, Offense



Guida's takedown is great, but if the opponent is countering his standing shots effectively, try using powerful technique throws and slams from the clinch instead.

DOUBLE CHOP

Level 3 - Open Guard, Top



Guida enjoys doing damage from Open Guard, smashing his opponent with these unique technique strikes. In other ground sub positions, he favors bringing down heavy elbows instead.

STRENGTHS

- Constant Movement
- Solid Chin
- Conditioning

Clay "The Carpenter" Guida's endless cardio and relentless pace have earned him plenty of fans during his long run inside the Octagon.

Though fast and durable in the striking game, he's at his best when he shoots in with his excellent double leg takedown to quickly bring his opponent to the mat.

Guida can also take a good punch on the feet, so trust in his resilient chin and stay in the opponent's face, looking to pressure him into giving up the takedown. Be aggressive with speed, and work to bring the fight to the ground as quickly as possible.

"The Carpenter" isn't great at transitioning on top, but he doesn't have to be—even from Open Guard, he can deliver some very nasty ground-and-pound in the form of heavy technique strikes that come crashing down with surprising force.

Hammer away from the top to rock rivals on your way to a TKO victory, or go for a submission if you manage to pass to a dominant position—Guida can apply some good armbars from the top and chokes from the back.

WEAKNESSES

- Strength
- Footwork
- Ground top grappling

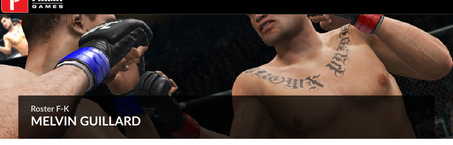
Though he's known for his constant movement on the feet, Guida's movements are somewhat erratic, and he actually suffers from unimpressive footwork compared to elite strikers in his division.

This allows swift and elusive stand-up specialists to pick him apart with superior movement and timing on the feet, as long as they strike with caution and remain ready to counter against his powerful takedowns.

Unless you're supremely confident in your fighter's grappling ability, avoid the ground game against Guida and simply try to maintain a respectable striking distance.

Work him over in the stand-up game with quick combos, throwing strong strikes very rarely to avoid the chances of suffering a short takedown.

If he gets you to the ground, exploit his poor top grappling game to either hold him in a ground clinch and force a referee break, or to simply try to kick him away as you transition back up to your feet.



Roster F-K

MELVIN GUILLARD

NICKNAME: The Young Assassin
WEIGHT CLASSES: Lightweight
AGE: 28
HEIGHT: 5'9"
REACH: 71.5"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	89
Cardio	84
Footwork	83

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	80
Clinch Striking	80
Ground Striking	82
Clinch Grapple	74
Takedown	81
Ground Top Grapple	76
Ground Bottom Grapple	74
Submission	64

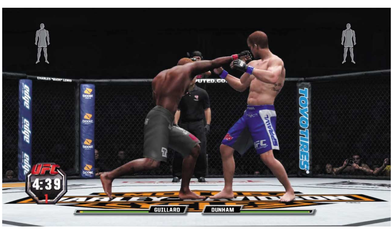
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	78
Clinch Striking	75
Ground Striking	84
Clinch Grapple	77
Takedown	83
Ground Top Grapple	78
Ground Bottom Grapple	74
Submission	71

ULTIMATE TECHNIQUES

RIGHT LONG STRAIGHT

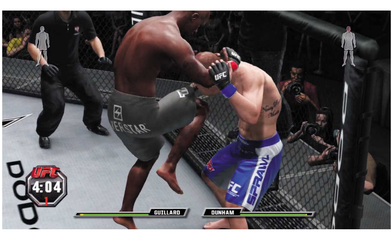
Level 2 - Both Standing, Striking Range



Guillard throws this heavy punch with great speed and force, making it one of his go-to strikes on the feet. He won't need to land many of these before rocking his rival.

FLYING LEFT/RIGHT KNEE

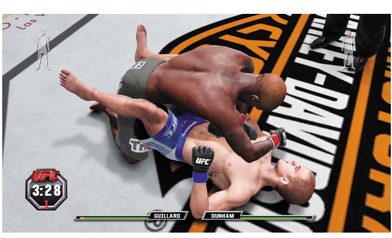
Level 2 - Muay Thai Clinch Cage, Offense



"The Young Assassin" can really work over his opponents in the Muay Thai Clinch, battering them with quick and powerful technique strikes that become even more lethal near the cage.

LEFT/RIGHT HOOK

Level 2 - Open Guard, Top



Guillard has excellent ground-and-pound; he can posture up and assail his adversary with fast and heavy hooks from various top positions, such as Open Guard, Half Guard, and Mount.

STRENGTHS

- Athleticism
- Knockout power
- Experience

Melvin "The Young Assassin" Guillard is an explosive striker with excellent speed and knockout power in both his hands and feet.

Though just 28 years old, "The Young Assassin" has already racked up more than 40 professional MMA fights, over a dozen of which have taken place under the big lights of the world-famous Octagon.

Use great speed and footwork to set up his offense and rattle off lightning-quick striking combinations on the feet.

If Guillard's adversary is getting the better of him in the stand-up, shoot in for a takedown and work some of his dominant ground-and-pound.

He's vulnerable to submissions, so avoid grappling with tap-out artists—keep the fight standing when faced with such an opponent, using Guillard's long reach and crisp striking to batter his opponent in the stand-up.

He can also work the offensive Muay Thai Clinch to great effect if his opponent has a vulnerability to the clinch game.

WEAKNESSES

- Submissions
- Submission defense
- Ground bottom grappling

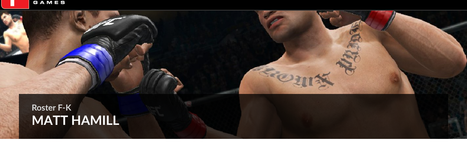
Though a dominant athlete in all areas of the fight game, Guillard suffers from a lack of skill and technique in the realms of ground grappling and submission, creating an exploitable hole in his otherwise overwhelming offense.

He has great takedown defense, so challenge him on the feet to create openings for you to dive in and secure the short takedown.

If he's being tactical and countering your takedowns on the feet, try working for throws from the clinch instead—this is a safer way to bring Guillard to the ground because his clinch control is good but not great.

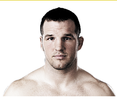
Plant him on his back one way or another to limit his explosive offense and expose him to your submission game.

Guillard isn't very good at improving his position while stuck on bottom, so try achieving a dominant posture so you can secure the victory with a fight-ending sub.



Roster F-K

MATT HAMILL



NICKNAME: The Hammer
WEIGHT CLASSES: Light Heavyweight
AGE: 35
HEIGHT: 6'1"
REACH: 76"
STANCE: Orthodox and Switch
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	79
Cardio	84
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	72
Clinch Striking	80
Ground Striking	80
Clinch Grapple	74
Takedown	83
Ground Top Grapple	70
Ground Bottom Grapple	65
Submission	59

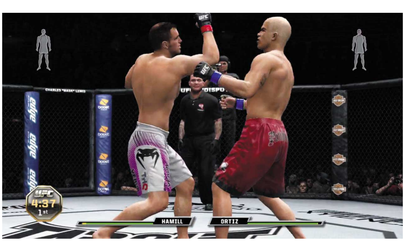
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	70
Standing Kicks	72
Clinch Striking	75
Ground Striking	72
Clinch Grapple	75
Takedown	82
Ground Top Grapple	74
Ground Bottom Grapple	66
Submission	73

ULTIMATE TECHNIQUES

RIGHT DUCKING UPPERCUT TO HEAD

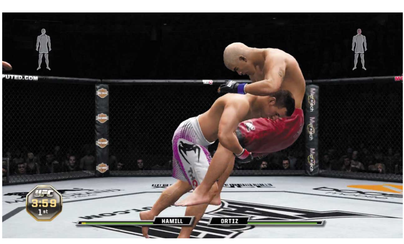
Level 2 - Both Standing, Striking Range



This long, winding uppercut is Hamill's best standing technique strike. When properly timed, this big blow can help him slip his opponent's strikes or counter takedowns.

JUMPING DOUBLE LEG TAKEDOWN

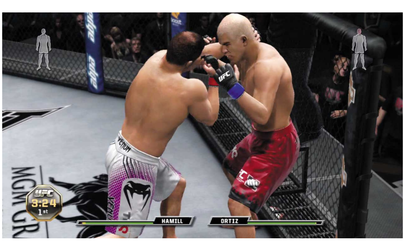
Level 3 - Both Standing, Striking Range



This long, winding uppercut is Hamill's best standing technique strike. When properly timed, this big blow can help him slip his opponent's strikes or counter takedowns.

STRONG LEFT/RIGHT UPPERCUT

Level 3 - Muay Thai Clinch Cage, Offense



This long, winding uppercut is Hamill's best standing technique strike. When properly timed, this big blow can help him slip his opponent's strikes or counter takedowns.

STRENGTHS

- Ground-and-pound
- Wrestling
- Heart

Matt "The Hammer" Hamill is a skilled wrestler with good ground-and-pound and solid dirty boxing skills in the clinch.

Look to bring opponents to the ground with his powerful takedowns--"The Hammer" has an excellent shot that few can easily defend. Once you've brought the opponent to the mat, begin to work some ground-and-pound from the top.

He's susceptible to submissions, so it's best to avoid the ground game when fighting against submission specialists--use his strong clinch game against these adversaries instead, controlling the position and working the opponent over with heavy uppercuts in the Muay Thai Clinch.

Perform suplexes and throws from the clinch if you wish to enter the ground game with a positional advantage--this can be a great way to help "The Hammer" move into Mount, where he can really do some damage with his brutal brand of ground-and-pound.

WEAKNESSES

- Speed
- Footwork
- Submissions

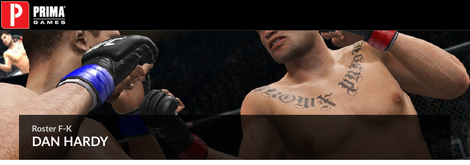
"The Hammer" can be tough to handle in the clinch or on the ground, but his stand-up game is fairly amateur.

He knows few effective technique strikes on the feet and suffers from sluggish footwork and poor striking speed--exploit these weaknesses to outstrike him, but beware of Hamill's knockout power.

He also has a dangerous takedown and clinch game, so maintain a respectable striking distance at all times to prevent him from easily grappling with you.

Tag him with quick strikes from the outside, and be ready to sprawl against his powerful takedowns at any given moment.

Beat him up strategically on the feet, picking him apart as you shut down his strong grappling game.



Roster F-K

DAN HARDY

NICKNAME: The Outlaw

WEIGHT CLASSES: Welterweight

AGE: 29
HEIGHT: 6'0"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	79
Cardio	76
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	80
Clinch Striking	78
Ground Striking	72
Clinch Grapple	73
Takedown	65
Ground Top Grapple	68
Ground Bottom Grapple	65
Submission	66

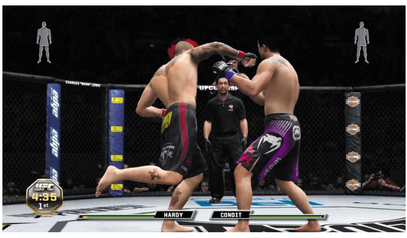
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	80
Clinch Striking	78
Ground Striking	70
Clinch Grapple	78
Takedown	65
Ground Top Grapple	71
Ground Bottom Grapple	67
Submission	73

ULTIMATE TECHNIQUES

RIGHT LONG SUPERMAN PUNCH

Level 2 - Both Standing, Striking Range



This excellent technique strike helps "The Outlaw" quickly close in against elusive opponents, and the blow lands with enough force to rock rivals if it lands flush.

RIGHT ROLLING SOBBAT

Level 3 - Both Standing, Striking Range

Hardy can unleash this fast spinning body kick while moving backward. Use this excellent defensive technique strike to keep aggressive opponents at bay.

LEFT/RIGHT DOWNWARD ARCING ELBOW

Level 2 - Muay Thai Clinch Cage, Offense

Though he prefers to stand and bang, "The Outlaw" is also skilled in striking from the Muay Thai Clinch. Stuff the opponent into the fence to land some vicious technique elbows.

STRENGTHS

- Striking
- Heart
- Speed

Dan "The Outlaw" Hardy is a fast and explosive striker whose heavy hands have helped him find success in the UFC welterweight division.

Keep the fight on the feet with Hardy by using good footwork and quick striking combinations to pepper the opponent with superior boxing on the feet.

He has poor takedown defense and struggles to improve his position when stuck on bottom, so always be ready to stuff the opponent's takedowns and clinch attempts.

If "The Outlaw" is getting beaten by a superior striker on the feet, he may try his respectable clinch game by grabbing the opponent in the Muay Thai Clinch and landing some heavy elbows.

Clinching puts him closer to being taken down, of course, so only use the position if he's coming up short in the stand-up battle.

WEAKNESSES

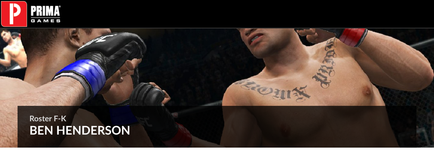
- Takedown defense
- Ground grappling
- Submissions

Hardy has been known to rock his opponents with his crisp boxing technique on the feet, but he struggles to fight competitively in most other areas of the fight game, particularly wrestling and ground defense.

Exploit his lack of takedown defense and shoot in for the takedown early and often. Bring him to the mat and pass his amateurish guard so you can better work him over with ground-and-pound, perhaps working to secure a submission.

Hardy can't threaten with much offense off his back, and he's vulnerable to ground strikes, so feel free to batter him in any postured-up ground position you like.

Keep him pinned to the mat to exploit a gaping hole in his fight game.



Roster F-K

BEN HENDERSON

Video is restricted

TODAY'S TOP 20

NICKNAME: Smooth
WEIGHT CLASSES: Lightweight
AGE: 28
HEIGHT: 5'9"
REACH: 70"
STANCE: Southpaw and Switch
OVERALL RATING: 91

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	81
Cardio	88
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	75
Clinch Striking	76
Ground Striking	83
Clinch Grapple	78
Takedown	83
Ground Top Grapple	83
Ground Bottom Grapple	80
Submission	82

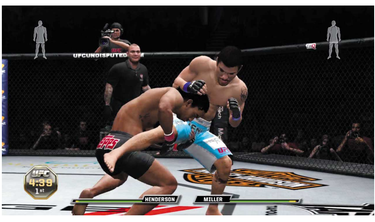
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	78
Clinch Striking	80
Ground Striking	80
Clinch Grapple	80
Takedown	83
Ground Top Grapple	85
Ground Bottom Grapple	80
Submission	95

ULTIMATE TECHNIQUES

JUMPING SINGLE LEG TAKEDOWN

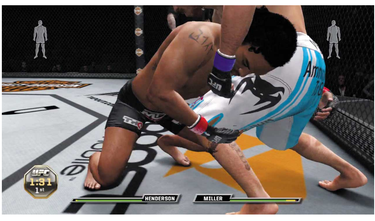
Level 3 - Both Standing, Striking Range



Henderson can stand and strike with the best of them, but the ground game is where he truly thrives. Use his explosive single leg takedown to bring the fight to the mat whenever you please.

SWEEP TRANSMISSION TO OPEN GUARD, TOP

Level 2 - Sprawl, Bottom



Even if his initial takedown is stuffed, Henderson can still press forward in an attempt to gain top position on the ground by sweeping his opponent over into Open Guard.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3- Sprawl, Top

This is Henderson's best submission by far, and it pairs nicely with his excellent takedown defense. Lock in this same lethal guillotine from any seated position against the cage as well.

STRENGTHS

- Submissions
- Grappling
- Conditioning

Ben "Smooth" Henderson is a dangerous UFC lightweight contender with explosive athleticism and excellent wrestling ability.

While his stand-up game can be very effective, his striking is best used to set up his clinch game or takedowns.

Grappling is where Henderson really wants to be, working his opponent over with heavy knees in the clinch, or passing their guard on the ground to deliver some crushing blows from the top.

He is an excellent wrestler, able to achieve and maintain dominant position against many of his opponents, working them over with debilitating ground-and-pound as he looks to set up submissions.

His best subs are his guillotine chokes, which he can apply in the sprawl after stuffing his opponent's takedown, or in any seated position against the cage—use his excellent guillotine against aggressive grapplers each time they fail to complete a takedown.

WEAKNESSES

- Footwork
- Standing strikes
- Standing strikes defense

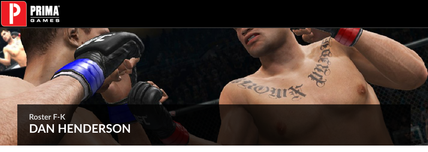
Though he's fast and durable on the feet, Henderson's footwork leaves a little to be desired—this allows elite strikers to outmaneuver Smooth on the feet, setting up their combos and counters with greater ease and keeping him at the desired distance.

Though he has a very good chin, he's also most vulnerable to standing strikes—another reason to keep the fight upright when you're facing off against him.

Keep him on his feet and look to land quick strikes as you remain defensive with your stand-up.

Always be ready to counter his takedowns by sprawling each time he shoots in, or try to intercept his takedowns with a big counter strike. Keep away from the grappling game to nullify his most effective brand of offense.

If you end up fighting on the ground, forget about trying for submissions—"Smooth" has tremendous sub defense and is practically impossible to tap out.



Roster F-K

DAN HENDERSON

Video is restricted

NICKNAME: Hendo
WEIGHT CLASSES: Light Heavyweight and Middleweight

AGE: 41
HEIGHT: 6'1"
REACH: 74"
STANCE: Orthodox
OVERALL RATING LHW: 88 **OVERALL RATING LHW (PRIDE):** 88 **OVERALL RATING MW:** 88 **OVERALL RATING MW (PRIDE):** 88

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW(PRIDE) RATING	MW RATING	MW(PRIDE) RATING
Strength	85	85	84	84
Speed	73	77	74	78
Cardio	80	80	81	81
Footwork	74	75	75	74

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW(PRIDE) RATING	MW RATING	MW(PRIDE) RATING
Standing Strikes	85	85	85	85
Standing Kicks	69	69	69	69
Clinch Striking	80	80	80	80
Ground Striking	87	87	87	87
Clinch Grapple	84	84	84	84
Takedown	83	83	83	83
Ground Top Grapple	78	78	78	78
Ground Bottom Grapple	76	76	76	76
Submission	61	60	61	60

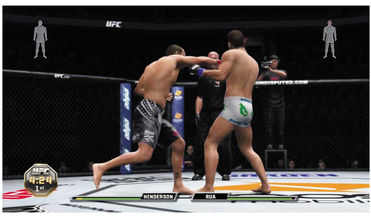
DEFENSIVE SKILLS

SKILL	LHW RATING	LHW(PRIDE) RATING	MW RATING	MW(PRIDE) RATING
Standing Strikes	76	76	76	76
Standing Kicks	73	73	73	73
Clinch Striking	81	80	81	80
Ground Striking	78	78	78	78
Clinch Grapple	86	85	86	85
Takedown	82	82	82	82
Ground Top Grapple	75	75	75	75
Ground Bottom Grapple	73	73	73	73
Submission	81	79	81	79

ULTIMATE TECHNIQUES

HENDO'S RIGHT STRONG STRAIGHT

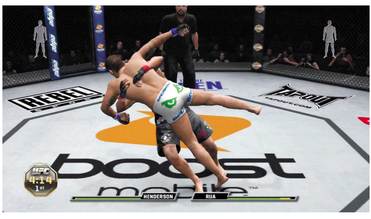
Level 3 - Both Standing, Striking Range



This fast and very long straight right hand is one of Henderson's best technique strikes. Land this heavy right a few times to rock any opponent, no matter how tough their chin might be.

SUPLEX TO SIDE CONTROL, TOP

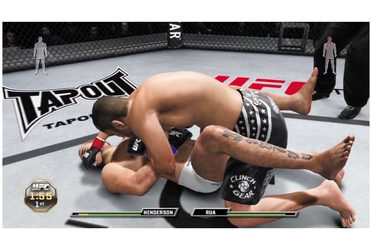
Level 3 - Double Underhook, Offense



Grab the opponent in the Double Underhook clinch and hurl him to the floor with this epic technique takedown. This is a great way to bring the fight to the floor when normal takedowns are too risky.

STTONG LEFT/RIGHT PUNCH

Level 3 - Open Guard, Top



Henderson's ground-and-pound is even more powerful than his standing strikes. Posture up and hammer opponents with these heavy punches from Open Guard, Half Guard, or Mount.

STRENGTHS

- Champion Experience
- Wrestling
- Knockout power

Though he's still an active and competitive fighter in the UFC light heavyweight and middleweight divisions, Dan "Hendo" Henderson is already a legend in the sport of MMA, having fought for and captured numerous PRIDE and UFC championships over his long and decorated carrier.

Hendo has recorded many a win through the use of his lethal right hand—attack relentlessly with his heavy right to rock his rivals with the sheer force behind each devastating blow.

Many strikes also have impressive range, which helps make up for his lack of footwork.

"Hendo" is also very good at clinch grappling and takedowns—he can throw heavy uppercuts in the Muay Thai Clinch, or he can perform dominant technique throws from other grappling clinches such as the Double Underhook position, hurling the opponent to the ground with overwhelming strength and perfect technique.

He can even perform technique throws from various defensive clinch positions, such as Double Underhook, Defense and Body Lock, Defense—these high-level throws will turn the tables on his opponent as he tosses them to the ground, landing on top in Side Control.

WEAKNESSES

- Footwork
- Ground bottom grappling
- Submissions

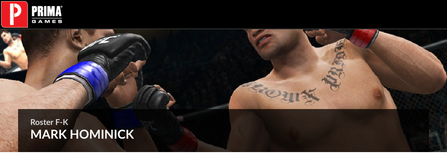
Henderson's tremendous punching power makes him a threat on the feet, but his lack of speed and footwork allows defensive counter-strikers to avoid most of his offense and counter with sharp blows of their own.

"Hendo" is a beast in the clinch, and his ground-and-pound is lethal, so it's usually best to avoid the grappling game and try to get things done on the feet against him instead.

Exploit his lack of footwork to create angles and gain the advantage in the stand-up battle.

If your fighter is good at grappling from the top, you may want to chance ducking under one of his big right hands and taking him to the ground—Henderson has good takedown defense, but he struggles to get off his back.

Outwrestle him from the top to grind out a decision victory, or outpoint him on the feet with superior speed and technique—just don't try clinching with this expert wrestler.



Roster F-K

MARK HOMINICK

NICKNAME: The Machine
WEIGHT CLASSES: Featherweight
AGE: 29
HEIGHT: 5'8"
REACH: 68.5"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	89
Cardio	86
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	87
Clinch Striking	79
Ground Striking	75
Clinch Grapple	71
Takedown	73
Ground Top Grapple	72
Ground Bottom Grapple	73
Submission	74

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	87
Standing Kicks	86
Clinch Striking	81
Ground Striking	77
Clinch Grapple	74
Takedown	74
Ground Top Grapple	74
Ground Bottom Grapple	73
Submission	73

ULTIMATE TECHNIQUES

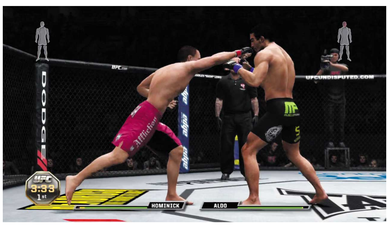
DUCKING RIGHT/LEFT HOOK

Level 2 - Both Standing, Striking Range

These strong hooks begin with a brief elusive windup, helping Hominick slip his opponent's incoming strikes and land his own heavy, technical counters.

HENDO'S RIGHT STRONG STRAIGHT

Level 2 - Both Standing, Striking Range



Hominick throws his straight right hand just like Dan Henderson—fast and heavy, with a long reach to make sure he makes contact. Pick his opponents apart with this excellent technique strike.

SWEEP TRANSITION TO SIDE CONTROL, TOP

Level 2 - Half Guard, Bottom

"The Machine" doesn't fare well when trapped on bottom on the ground, but this technique transition is a great way for him to escape. Move to Half Guard and sweep the opponent to wind up on top.

STRENGTHS

- Striking
- Speed
- Grappling

Mark "The Machine" Hominick is an excellent kickboxer with superior speed and precise striking technique.

"The Machine" also has great conditioning, allowing him to push the action and wear down his opponents with his relentless striking offense.

He isn't as skilled at fighting in the clinch or on the ground, so it's best to keep the fight on the feet—avoid throwing too many strong strikes during stand-up exchanges, and favor quick strike combos instead to punish the opponent without risking the short takedown.

Hominick's kicks are even more painful than his lightning-fast hands—batter his opponents' legs from afar to slow them down and make them even more vulnerable to his fast-paced striking game.

If the action ever hits the ground, focus on submission defense and work at transitioning back up to standing—he can't threaten with many effective subs off his back, and generally doesn't fare well on bottom, so get back to your feet as soon as you can.

WEAKNESSES

- Strength
- Takedowns
- Submissions

"The Machine" is a lightning-quick technical striker on the feet, so don't get caught exchanging with him for long.

Engage him in the stand-up game just long enough to get him to open up with power strikes, then plant him on his back with a well-timed takedown.

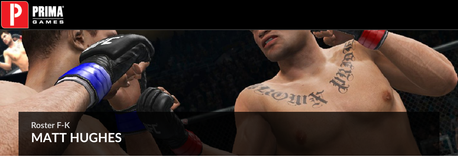
Once he's been taken down by a superior grappler, it's fairly easy to expose his limited ground game.

Posture up and work some heavy ground-and-pound from Open Guard or Mount, but avoid striking in Half Guard because he can sweep you from there.

He's also susceptible to submissions, so work his body to soften him up for some gnarly subs from the top.

Hominick can also be controlled in the clinch as well as on the ground—use the clinch to beat him up if your fighter happens to excel at Muay Thai, rocking Hominick with knees and elbows in dominant clinch position.

Regardless of your fighter's specialty, turn the fight into a grappling match to slow down "The Machine" and take away his greatest advantages.



Roster F-K

MATT HUGHES

NICKNAME: N/A

WEIGHT CLASSES: Welterweight
AGE: 38
HEIGHT: 5'9"
REACH: 73"
STANCE: Orthodox and Switch
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	72
Cardio	78
Footwork	73

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	66
Standing Kicks	63
Clinch Striking	68
Ground Striking	82
Clinch Grapple	80
Takedown	82
Ground Top Grapple	80
Ground Bottom Grapple	75
Submission	75

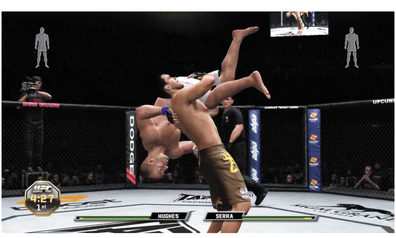
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	72
Clinch Striking	74
Ground Striking	77
Clinch Grapple	78
Takedown	80
Ground Top Grapple	76
Ground Bottom Grapple	75
Submission	78

ULTIMATE TECHNIQUES

BACK FLIP SINGLE LEG TAKEDOWN

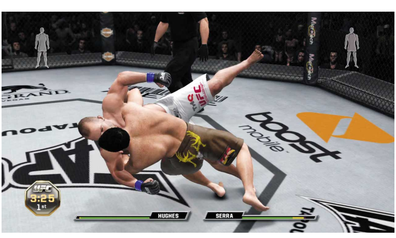
Level 3 - Both Standing, Striking Range



Hughes doesn't want to be exchanging on the feet against most opponents for very long. Bring his adversary to the ground with this high-level takedown.

SUPLEX TO SIDE CONTROL, TOP

Level 3 - Double Underhook, Offense



Hughes has great control in the clinch, where he can suplex and slam his opponents to the ground with overwhelming force. This lands him in Side Control, ready to work his strong ground game.

KIMURA FROM SIDE CONTROL

Level 3 - Side Control, Top

Hughes has great talent for locking in this painful sub from Side Control. Best of all, he can usually switch to an armbar if this kimura is about to fail, extending his chances of forcing the tap.

STRENGTHS

- Slams
- Wrestling
- Strength

A former long-running UFC lightweight champion, Matt Hughes has a history of dominating his opponents with his overwhelming strength, wrestling technique, and ground-and-pound.

Hughes comes to every fight in great shape, so be aggressive when fighting with him and pressure his opponents as you look for the takedown.

Use his powerful single leg to bring the fight to the floor, or work for a big suplex from the Double Underhook clinch—the latter lands him in Side Control, ready to work over his opponent with body shots to wear them down in preparation for a crushing kimura.

Look to switch to an armbar if the opponent is slipping free of his kimura from Side Control—this gives you more time to finish the sub.

When you're not attacking with subs on the ground, simply control the top position and batter rivals with heavy shots from the top.

WEAKNESSES

- Speed
- Footwork
- Standing strikes

Though he remains a dangerous grappler, Hughes's striking speed has slowed down just a little over the years, and it has become easier for his opponents to catch him during striking exchanges.

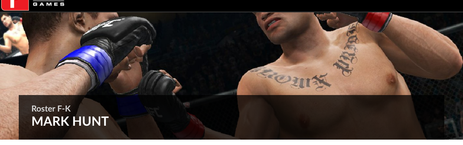
Overwhelm the former champ with superior speed and footwork on the feet, landing long blows from the outside and maintaining a respectable striking distance.

His standing strikes lack speed and power, so feel free to rattle off long combos of quick strikes without fear of retaliation.

Simply remain ready to stuff his powerful takedowns and clinch attempts at all times, and punish the former champ with counters each time you wind up in a sprawl.

Light Hughes up with fast combos on the feet and strive to avoid every facet of the grappling game throughout the fight.

Work at escaping from his clinches and getting back up from the bottom each time he manages to tie up or take you down.



Roster F-K
MARK HUNT

NICKNAME: Super Samoan

WEIGHT CLASSES: Heavyweight (PRIDE)
AGE: 33
HEIGHT: 5'10"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 82

ATTRIBUTES

ATTRIBUTE	RATING
Strength	89
Speed	74
Cardio	74
Footwork	76

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	89
Standing Kicks	90
Clinch Striking	88
Ground Striking	81
Clinch Grapple	70
Takedown	66
Ground Top Grapple	63
Ground Bottom Grapple	60
Submission	53

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	85
Standing Kicks	85
Clinch Striking	82
Ground Striking	71
Clinch Grapple	68
Takedown	72
Ground Top Grapple	62
Ground Bottom Grapple	62
Submission	54

ULTIMATE TECHNIQUES

RIGHT OVER HOOK

Level 3—Both Standing, Striking Range

Hunt throws this huge right hook with tremendous force, making it his most powerful standing technique strike. Land this heavy right to test the chin of even the most resilient opponent.

RIGHT SPINNING BACK FIST

Level 1—Both Standing, Striking Range

This long, unorthodox technique strike helps Hunt surprise and rock his opponents from afar. Though its technique level is low, the Super Samoan is strong enough to make this strike very effective.

STRONG LEFT/RIGHT UPPERCUT

Level 2—Muay Thai Clinch Cage, Offense

Use Hunt's strength and clinch game to trap elusive strikers who are picking him apart on the feet. Land these strong uppercuts in the Muay Thai Clinch to bring the pain.

STRENGTHS

- Solid chin
- Size
- Knockout power

Mark "Super Samoan" Hunt is a big, strong striker with devastating power in his right hand. His ability to take a punch on the feet makes up for his lack of speed, allowing him to "take one to land one" as he wades forward with heavy strikes on the feet.

Strive to land his big right hand, as this is by far his best weapon, easily able to rock any opponent when it lands flush.

Though slow, his kicks are also extremely effective—land lots of leg kicks to slow the opponent, making up for Hunt's limited speed and footwork.

The Super Samoan is vulnerable to grapplers and submission artists, so avoid the ground game and try to keep the fight standing by picking your power shots wisely.

If the opponent is outworking you with superior speed and movement on the feet, employ Hunt's strong clinch game to trap and punish these elusive strikers with strong uppercuts up close.

WEAKNESSES

- Cardio
- Takedowns
- Ground game

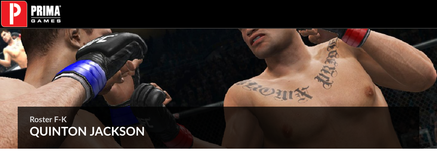
Hunt's striking power is unrivaled, but his combinations are somewhat slow, and his great size causes him to sacrifice some speed and footwork on the feet.

Still, he's happy to take a punch in order to land one of his own, so don't risk counter-striking with this dangerous kickboxer—avoid the stand-up battle and bring the Super Samoan to the ground instead by ducking under his heavy punches and kicks with well-timed short takedowns.

He's like a fish out of water once he's been planted on his back, unable to effectively attack, defend, or improve his position from the bottom against most grapplers.

Take full advantage of this gaping hole in his game by bringing him to the ground as quickly as possible and controlling him from the top.

His submission defense is practically nonexistent, so pass to dominant position and lock in a tight sub to bring his night to a swift and painful end.



Roster F-K

QUINTON JACKSON

Video is restricted

RANKED TOP 20

NICKNAME: Rampage
WEIGHT CLASSES: Light Heavyweight
AGE: 33
HEIGHT: 6'1"
REACH: 73"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW (PRIDE) RATING
Strength	89	89
Speed	78	78
Cardio	78	78
Footwork	76	76

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING
Standing Strikes	85	85
Standing Kicks	70	70
Clinch Striking	82	82
Ground Striking	84	84
Clinch Grapple	76	76
Takedown	81	81
Ground Top Grapple	69	69
Ground Bottom Grapple	71	71
Submission	57	57

DEFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING
Standing Strikes	83	83
Standing Kicks	71	71
Clinch Striking	73	73
Ground Striking	76	76
Clinch Grapple	79	79
Takedown	85	85
Ground Top Grapple	76	76
Ground Bottom Grapple	72	72
Submission	81	77

ULTIMATE TECHNIQUES

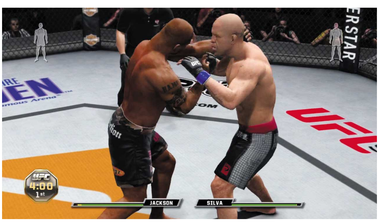
LEFT/RIGHT GUARDED HOOK

Level 3—Both Standing, Striking Range

Rampage throws these massive hooks with tremendous speed and range, and his defensive windup helps him slip strikes before landing these heavy blows. Combo between these hooks for fun times on the feet.

STRONG LEFT/RIGHT UPPERCUT

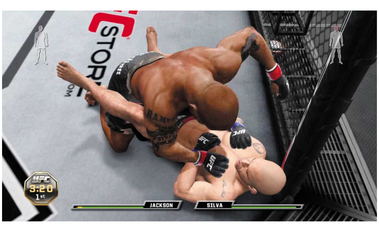
Level 3—Muay Thai Clinch, Offense



When elusive strikers are giving Rampage grief, clinch up to slow them down, then land some of his crushing uppercuts. Press the opponent into the fence to add even more weight to these heavy blows.

LEFT/RIGHT HOOK

Level 3—Open Guard, Top



Jackson has a dominant top game on the ground, and he's able to secure the position with his driving takedowns or powerful clinch throws. Throw these heavy hooks while postured up in Open Guard, Half Guard, or Mount.

STRENGTHS

- Knockout power
- Strength
- Slams

Quinton "Rampage" Jackson is a former UFC light heavyweight champion who burst onto the mainstream MMA scene with his shocking knockout of the seemingly invincible Chuck "The Iceman" Liddell back at UFC 71.

Recording such a huge win in so dominant a fashion made it clear that Rampage packs some serious power in his fists.

Use his excellent striking range and power to rock his rivals with heavy punches on the feet.

He has good takedown defense and clinch control, allowing him to "use his wrestling in reverse" to keep the fight standing, where his knockout power can decide a bout's outcome in a blink.

If Jackson's opponents are outmaneuvering him on the feet and beating him to the punch in the striking battle, use strong takedowns or his imposing clinch game to take the fight in a new direction.

Rampage can really work over his opponents with heavy blows in the Muay Thai Clinch, and his ground-and-pound is as brutal as it gets. Look to land his heavy hands wherever the fight happens to go.

WEAKNESSES

- Footwork
- Kicks
- Submissions

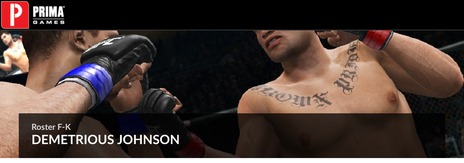
Rampage packs explosive punching power, but his sluggish movements and amateur kicking ability present holes in his stand-up game—this allows elusive strikers and kickboxers to wear him down with long strikes and leg kicks from the outside.

Favor quick strikes that can interrupt his combos—though devastating, many of his power shots feature a significant windup that can be interrupted to take the sting out of his best punches.

A strong grappler, he isn't good with submissions and struggles to improve his position when he's stuck fighting on bottom.

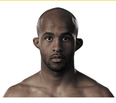
Getting Jackson to the ground isn't easy considering his excellent takedown defense, so look to dive under his long, looping punches with short takedowns that quickly drive Jackson to the mat.

Work the former champ over with conservative ground-and-pound, striving to maintain the top position while scoring points with the judges.



Roster F-K

DEMETRIOUS JOHNSON



NICKNAME: Mighty Mouse
WEIGHT CLASSES: Bantamweight
AGE: 25
HEIGHT: 5'3"
REACH: 66"
STANCE : Orthodox and Switch
OVERALL RATING: 90

ATTRIBUTES

ATTRIBUTE	RATING
Strength	79
Speed	96
Cardio	83
Footwork	86

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	85
Standing Kicks	86
Clinch Striking	72
Ground Striking	74
Clinch Grapple	79
Takedown	82
Ground Top Grapple	79
Ground Bottom Grapple	77
Submission	76

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	87
Standing Kicks	75
Clinch Striking	75
Ground Striking	77
Clinch Grapple	80
Takedown	84
Ground Top Grapple	77
Ground Bottom Grapple	78
Submission	78

ULTIMATE TECHNIQUES

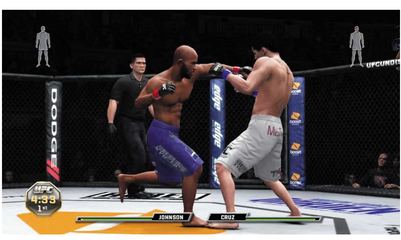
OVERHAND RIGHT

Level 2 - Both Standing, Striking Range

The excellent speed, range, and power of this standing technique strike let Mighty Mouse slip in and crack his rivals with hard right hands on the feet. Land this excellent strike as often as you can.

LEFT QUICK SUPERMAN PUNCH

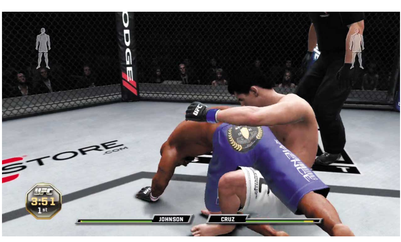
Level 2—Both Standing, Striking Range



Work in this stinging technique strike to clip Johnson's rivals with a sharp, unexpected left. Combo between the Overhand Right and this excellent blow to rapidly rock his opponents.

SWEEP TRANSITION TO HALF GUARD, TOP

Level 1—Half Guard, Bottom



When rolling with dangerous grapplers, use this excellent technique transition from Half Guard to sweep the opponent onto his back. This is a great way for Mighty Mouse to escape from the bottom.

STRENGTHS

- Speed
- Conditioning
- Finishing ability

One of the fastest strikers in the UFC bantamweight division, Demetrious "Mighty Mouse" Johnson gives his opponents all they can handle in the stand-up game with his excellent footwork and blistering hand speed.

Mighty Mouse also has excellent footwork and comes into every fight in great shape, allowing him to push the pace and rattle off endless striking combinations without tiring.

Land his stiff technique strikes when exchanging on the feet—their impressive speed helps them land fairly often, and their added power makes up for Johnson's slight lack of strength.

He isn't as effective in the clinch or on the ground as he is when lighting his opponents up on the feet, but he can exercise good control in these grappling positions—use his grappling ability to your advantage when faced with dangerous strikers who lack wrestling defense.

WEAKNESSES

- Clinch striking
- Ground striking
- Kick defense

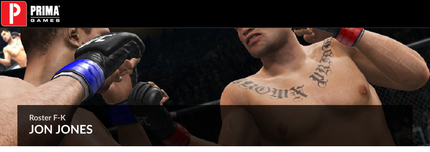
Though his standing strikes come with punishing power, Mighty Mouse is far less effective when striking in most grappling positions.

Try to clinch or shoot on him when he starts to open up with heavier punches and kicks on the feet.

He remains quick in the clinch and on the ground, but his striking power is significantly reduced, taking the sting out of his blows.

Strive to control these positions to hamper Johnson's offense and impose some strikes of your own.

If you're having trouble grappling with him, try picking him apart with long strikes from the outside instead—he is particularly vulnerable to kicks, and the short reach of most of his strikes severely limits his options when he's forced to box from the outside.



Roster F-K

JON JONES

Video is restricted

NICKNAME: Bones
WEIGHT CLASSES: Light Heavyweight
AGE: 24
HEIGHT: 6'4"
REACH: 84.5"
STANCE: Orthodox and Switch
OVERALL RATING: 95

ATTRIBUTES

ATTRIBUTE	RATING
Strength	89
Speed	84
Cardio	85
Footwork	88

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	90
Standing Kicks	92
Clinch Striking	90
Ground Striking	88
Clinch Grapple	85
Takedown	92
Ground Top Grapple	79
Ground Bottom Grapple	80
Submission	80

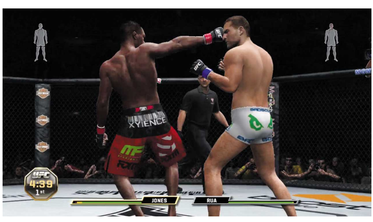
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	88
Standing Kicks	89
Clinch Striking	89
Ground Striking	73
Clinch Grapple	79
Takedown	90
Ground Top Grapple	80
Ground Bottom Grapple	75
Submission	76

ULTIMATE TECHNIQUES

JON JONES' RIGHT BACK FIST

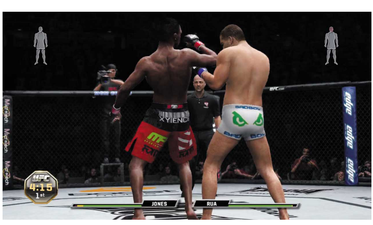
Level 3—Both Standing, Striking Range



This quick spinning back fist has been known to catch Jones's opponents off guard, much to their misfortune. Land this unexpected strike from range to rock his foes.

RIGHT SPINNING BACK ELBOW

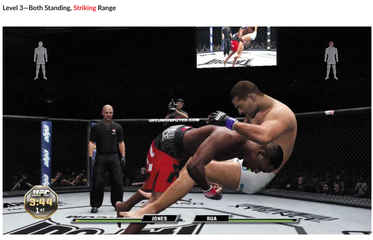
Level 3—Both Standing, Striking Range



When Bones famously dropped Stephan Bonnar with this epic spinning back elbow at UFC 94, the MMA world collectively sat up and took notice of the UFC's newest rising star.

JUMPING DOUBLE LEG TAKEDOWN

Level 3—Both Standing, Striking Range



When you tire of battering Jones's opponents with brutal technique strikes on the feet, dive in for this excellent double leg and drag them to the ground to work some equally vicious ground-and-pound.

STRENGTHS

- Wrestling
- Athleticism
- Unorthodox striking

One of the most dangerous fighters in the world, Jon "Bones" Jones has already risen to superstardom at the young age of 24, having captured the UFC light heavyweight title in his one-sided dismantling of former 205 division champ Mauricio "Shogun" Rua at UFC 128.

Jones combines his explosive athleticism with his incredible reach and unorthodox striking.

This allows him to catch his opponents off guard with devastatingly fast and powerful blows that they never saw coming.

Bones is nearly impossible to rock with standing strikes, so use his great speed, range, and footwork to keep the fight upright as you pick apart his opponent from ideal distance.

His clinch grappling and wrestling skills are also excellent—grapple with potentially troublesome strikers if you like, taking away their strengths while still leaving Bones with plenty of options for putting his opponent away.

WEAKNESSES

- Ground striking defense
- Ground bottom grappling
- Submission defense

It's tough to find many weaknesses in Jones's game, because all of his opponents have failed to do so in the UFC.

The light heavyweight champ is extremely dangerous when striking on the feet or in the clinch, so the best plan is to take him to the mat and struggle to control the accomplished wrestler in the ground game.

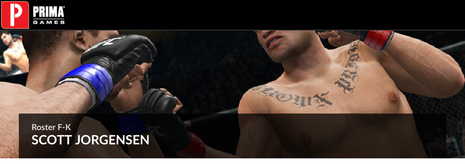
He has excellent clinch control and takedown defense, so putting him on his back is easier said than done.

Pressure Bones toward the fence and try to time a short takedown, or use the cage to help you bring him to the ground with a clinch throw.

He's is vulnerable to ground-and-pound and submissions, but he's pretty good at escaping from the bottom, so focus on maintaining top position in Open Guard or Mount.

Avoid his Half Guard, however, for he can easily sweep you onto your back from there.

Unleash a bit of conservative ground-and-pound as you struggle to keep Jones on the mat, attacking his body to erode his stamina on your way to setting up a TKO or submission upset.



Roster F-K

SCOTT JORGENSEN

NICKNAME: Young Guns
WEIGHT CLASSES: Bantamweight
AGE: 29
HEIGHT: 5'4"
REACH: 66"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	85
Cardio	80
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	70
Clinch Striking	75
Ground Striking	78
Clinch Grapple	76
Takedown	82
Ground Top Grapple	82
Ground Bottom Grapple	80
Submission	72

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	78
Clinch Striking	76
Ground Striking	79
Clinch Grapple	78
Takedown	83
Ground Top Grapple	83
Ground Bottom Grapple	78
Submission	80

ULTIMATE TECHNIQUES

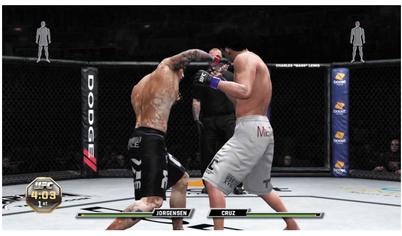
RIGHT HEAVY STRAIGHT

Level 2—Both Standing, Striking Range

This heavy straight has good speed, power, and range, which helps make up for Jorgensen's lack of reach on the feet. Throw this technique strike often against strikers who are trying to keep Young Guns at bay.

RIGHT CHOPPING HOOK

Level 3—Both Standing, Clinch Range



Jorgensen's great speed and power let him put his opponents to sleep with this hard hook thrown from clinch range. Connect with a few of these to stagger and rock his rival.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3—Sprawl, Top

Stuff the opponent's takedown, then drop down and go for this nasty choke from the Sprawl position. This is Jorgensen's best submission, and it's also available when he finds himself seated against the cage.

STRENGTHS

- Wrestling
- Conditioning
- Aggressive style

Scott "Young Guns" Jorgensen is a fast and explosive wrestler with good boxing skills, footwork, and ground-and-pound. Use Jorgensen's quick boxing combos and technique strikes to batter his opponents on the feet.

He is a fantastic grappler, so be aggressive with his stand-up and pressure the opponent without fear of being taken down.

Look for his guillotine whenever you manage to stuff the opponent's takedowns—he can apply crushing chokes from the Sprawl position.

He also has excellent takedown ability himself—shoot in against dangerous strikers to limit their offense and work his dominant top game.

Work at transitioning to improve your position, landing heavy strikes to batter the opponent with his relentless ground-and-pound.

WEAKNESSES

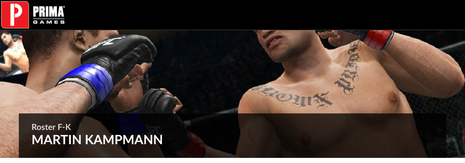
- Kicks
- Clinch striking
- Submissions

Jorgensen is a threat with his hands in the striking game, but his lack of reach and limited kicking ability let rangy, elusive strikers combat him effectively from the outside.

Young Guns also does less damage in the clinch than in other positions, allowing clinch experts the chance to work him over with clinch strikes or grappling.

Though good at defending from the bottom on the ground, he has limited submission ability off of his back, and can therefore be attacked effectively from most ground positions.

There aren't many holes in his game, but small ones do exist—fight to your athlete's strengths and strive to beat him with superior technique wherever you decide to combat him.



Roster F-K

MARTIN KAMPMANN

NICKNAME: The Hitman

WEIGHT CLASSES: Middleweight and Welterweight
AGE: 29
HEIGHT: 6'0"
REACH: 71"
STANCE : Orthodox
OVERALL RATING MW: 85 **OVERALL RATING WW:** 85

ATTRIBUTES

ATTRIBUTE	MW RATING	WW RATING
Strength	68	67
Speed	79	81
Cardio	74	75
Footwork	79	79

OFFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	79	79
Standing Kicks	79	79
Clinch Striking	78	78
Ground Striking	72	72
Clinch Grapple	71	71
Takedown	72	72
Ground Top Grapple	73	73
Ground Bottom Grapple	76	76
Submission	79	79

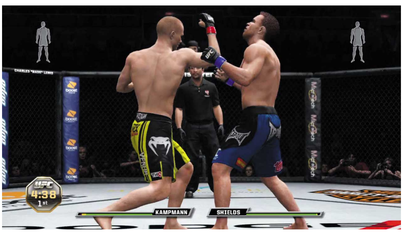
DEFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	80	80
Standing Kicks	80	80
Clinch Striking	80	80
Ground Striking	70	70
Clinch Grapple	72	72
Takedown	73	73
Ground Top Grapple	71	71
Ground Bottom Grapple	73	73
Submission	78	78

ULTIMATE TECHNIQUES

RIGHT DUCKING UPPERCUT

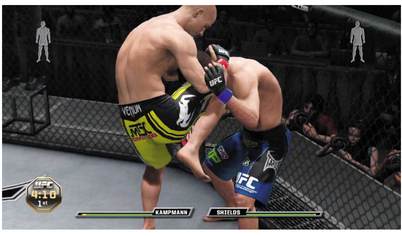
Level 2—Both Standing, Striking Range



This long, ducking uppercut lands heavily and can intercept opponents who are diving in for the takedown. The windup is a bit slow, so throw this from the outside to avoid being countered midstrike.

CRUSHING LEFT/RIGHT KNEE

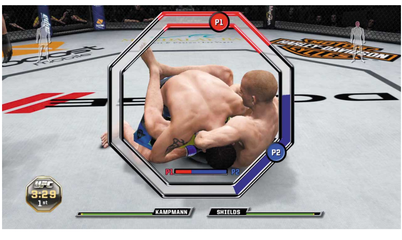
Level 2—Muay Thai Clinch Cage, Offense



Pressure Kampmann's opponent to back him toward the cage, then lock up in the Muay Thai Clinch and land some of these devastating clinch knees.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3—Sprawl, Top



Catch Kampmann's opponents in sprawls after stuffing their takedowns, then lock in this lethal choke before they can react. He can end a fight quickly with one of these excellent subs.

STRENGTHS

- Well rounded
- Submissions
- Discipline

Martin "The Hitman" Kampmann fights competitively in both the UFC middleweight and welterweight divisions, punishing his opponents with his fast and precise kickboxing.

Don't go for the kill with Kampmann—look to outstrike his rivals with crisp counters and quick combinations on the feet, remaining tactical and ready to defend against the takedown at all times.

The Hitman is good at locking in submissions as well—his chokes are particularly effective, especially his guillotine, which he can apply each time he manages to sprawl against the opponent's takedown, or whenever he finds himself seated against the cage on the ground.

Use this defensive choke to dissuade the opponent from bringing him to the ground, and punish his rivals with pinpoint striking while they reluctantly fight him on the feet.

WEAKNESSES

- Strength
- Clinch grappling
- Ground striking defense

The Hitman may be a quick and accurate kickboxer, but his strikes don't pack the same knockout power that other fighters in his division possess.

Kampmann's lackluster strength also makes him vulnerable to being controlled in the clinch and on the ground—this is even easier to accomplish against him when he competes in the middleweight division, where the competition is bigger and stronger than the fighters at welterweight.

Beware when shooting for takedowns against him, however, because he has a dangerous guillotine from the Sprawl position, and he can also threaten you with effective submissions off of his back, such as triangles from the Open Guard Clinch.

Close in and clinch with The Hitman instead, then work for a throw from the Double Underhook, Body Lock, or Back Clinch that lands you in dominant position on the ground, and beyond the reach of his subs from the bottom.

Roster F-K

DENIS KANG

NICKNAME: N/A
WEIGHT CLASSES: Welterweight (PRIDE)
AGE: 29
HEIGHT: 5'11"
REACH: 77"
STANCE: Orthodox and Switch
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	84
Cardio	74
Footwork	77

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	78
Clinch Striking	73
Ground Striking	77
Clinch Grapple	75
Takedown	75
Ground Top Grapple	75
Ground Bottom Grapple	74
Submission	74

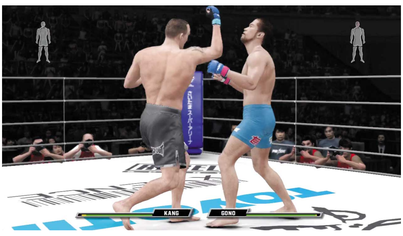
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	76
Clinch Striking	75
Ground Striking	80
Clinch Grapple	74
Takedown	74
Ground Top Grapple	77
Ground Bottom Grapple	76
Submission	76

ULTIMATE TECHNIQUES

RIGHT DUCKING UPPERCUT

Level 2—Both Standing, Striking Range



Kang's speed and punching power are perfectly channeled into this excellent standing technique strike. Slip in this ducking uppercut as often as possible to rock opponents on the feet.

JUMPING DOUBLE LEG TAKEDOWN

Level 2—Both Standing, Striking Range

A well-rounded fighter, Kang can shoot in for the takedown and work an effective ground game from the top. Use this strong double leg to bring superior strikers to the floor.

RIGHT/LEFT HOOK

Level 2—Open Guard, Top

Kang knows how to work the top position very effectively, smashing his bottom opponent with brutal hooks from the top. Posture up in Open Guard, Half Guard, or Mount to throw these heavy blows.

STRENGTHS

- Wrestling
- Conditioning
- Aggressive style

Scott "Young Guns" Jorgensen is a fast and explosive wrestler with good boxing skills, footwork, and ground-and-pound.

Use Jorgensen's quick boxing combos and technique strikes to batter his opponents on the feet.

He is a fantastic grappler, so be aggressive with his stand-up and pressure the opponent without fear of being taken down.

Look for his guillotine whenever you manage to stuff the opponent's takedowns—he can apply crushing chokes from the Sprawl position.

He also has excellent takedown ability himself—shoot in against dangerous strikers to limit their offense and work his dominant top game.

Work at transitioning to improve your position, landing heavy strikes to batter the opponent with his relentless ground-and-pound.

WEAKNESSES

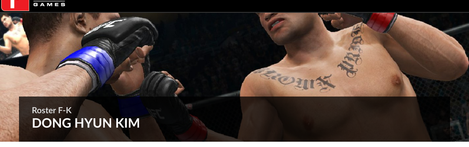
- Kicks
- Clinch striking
- Submissions

Jorgensen is a threat with his hands in the striking game, but his lack of reach and limited kicking ability let rangy, elusive strikers combat him effectively from the outside.

Young Guns also does less damage in the clinch than in other positions, allowing clinch experts the chance to work him over with clinch strikes or grappling.

Though good at defending from the bottom on the ground, he has limited submission ability off of his back, and can therefore be attacked effectively from most ground positions.

There aren't many holes in his game, but small ones do exist—fight to your athlete's strengths and strive to beat him with superior technique wherever you decide to combat him.



Roster F-K

DONG HYUN KIM

NICKNAME: Stun Gun
WEIGHT CLASSES: Welterweight
AGE: 30
HEIGHT: 6'1"
REACH: 76"
STANCE: Southpaw and Switch
OVERALL RATING: 82

ATTRIBUTES

ATTRIBUTE	RATING
Strength	70
Speed	74
Cardio	72
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	70
Standing Kicks	67
Clinch Striking	73
Ground Striking	77
Clinch Grapple	75
Takedown	74
Ground Top Grapple	77
Ground Bottom Grapple	75
Submission	66

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	73
Clinch Striking	70
Ground Striking	75
Clinch Grapple	73
Takedown	71
Ground Top Grapple	77
Ground Bottom Grapple	73
Submission	72

ULTIMATE TECHNIQUES

LEFT LONG STRAIGHT

Level 2—Both Standing, Striking Range

This long, straight left is one of Kim's best standing strikes. Use it to quickly close in and tag opponents from the outside.

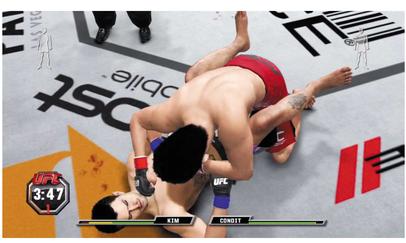
JUDO OSOTO GARI TO SIDE CONTROL, TOP

Level 1—Single Collar Tie

A proficient judo practitioner, Stun Gun can throw his opponent to the ground from the Single Collar Tie clinch. This is normally considered to be a neutral clinch position, but he has the advantage here.

RIGHT/LEFT HOOK

Level 2—Open Guard, Top



Kim can bring down some heavy hooks once he succeeds in bringing his opponent to the mat. Work at securing the takedown, then posture up in Open Guard, Half Guard, or Mount to land these hard punches.

STRENGTHS

- Well rounded
- Judo
- Takedowns

Dong-Hyun Kim is a proficient judo grappler who wins most of his fights by bringing his opponents to the ground and controlling them from top position.

The Stun Gun has good takedowns and can unleash some brutal ground-and-pound if he manages to move into a dominant position such as Mount.

Don't waste too much time mixing it up on the feet—try clinching with the opponent or scoring takedowns so that you can control his opponents with his superior grappling skill.

Focus on maintaining dominant position rather than working for submissions and knockouts—it's important for him to remain in control, as he has poor defense and is vulnerable to being rocked or submitted when the fight isn't going his way.

WEAKNESSES

- Strength
- Striking
- Submissions

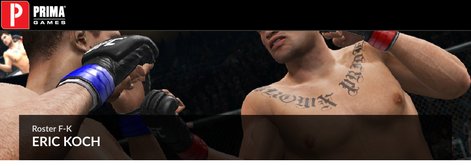
The Stun Gun can be tough to handle in the clinch and on the ground, but he's not very good at getting things done in the stand-up department.

His lack of speed, striking power, and strike defense makes him highly vulnerable during exchanges on the feet—keep him on the end of your strikes and maintain a respectable distance from him to shut down his grappling game.

He doesn't have the best takedowns, so expect him to try to clinch with you fairly often.

Punish him each time you stuff his takedown attempts and light him up from the outside with superior stand-up.

He doesn't often go for submissions on the ground, so remain calm when he manages to bring you to the mat, and defend against his ground-and-pound as you work at escaping back up to your feet.



Roster F-K

ERIC KOCH

NICKNAME: New Breed
WEIGHT CLASSES: Featherweight
AGE: 23
HEIGHT: 5'9"
REACH: 70"
STANCE: Southpaw and Switch
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	88
Cardio	85
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	80
Clinch Striking	78
Ground Striking	76
Clinch Grapple	73
Takedown	74
Ground Top Grapple	75
Ground Bottom Grapple	76
Submission	77

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	83
Clinch Striking	80
Ground Striking	78
Clinch Grapple	76
Takedown	77
Ground Top Grapple	77
Ground Bottom Grapple	76
Submission	80

ULTIMATE TECHNIQUES

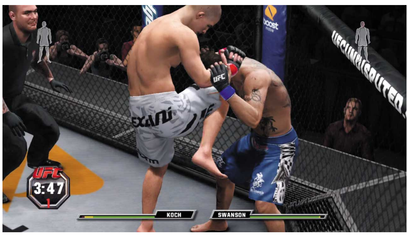
LEFT MUAY THAI HEAD KICK

Level 2—Both Standing, Striking Range

Koch is a skilled kicker, and this heavy head kick is one of his best technique strikes on the feet. Lash out with this head kick to rock opponents with an unexpected shin to the chin.

CRUSHING LEFT KNEE

Level 2—Muay Thai Clinch Cage, Offense



Koch's clinch strikes can be brutal, especially when he pins his rival against the fence. Work these crushing Muay Thai knees to punish rivals after trapping them against the cage.

DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard Clinch, Bottom

New Breed knows some excellent submissions, including this tight triangle from the bottom. Opponents who think they can relax after taking him down are in for a nasty surprise.

STRENGTHS

- Submissions
- Striking
- Heart

Erik Koch is a young but talented featherweight who's looking to make a name for himself in the UFC's newest division.

He brings excellent striking to bear against his opponents inside the Octagon and can also work an effective submission game when the action hits the mat.

Use his great hand speed to light up his opponents with quick strikes on the feet. He has a good chin, so feel comfortable being aggressive and mixing it up in the stand-up game. Even if taken down, New Breed can handle himself very well on bottom.

Work for triangles and kimuras from ground clinches to keep the top opponent defending rather than attacking. His strong submission ability off his back gives his opponents something to worry about in addition to his fast hands and durability.

WEAKNESSES

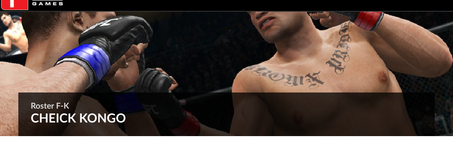
- Strength
- Clinch grappling
- Takedowns

Though Koch has fast hands and good footwork, he's a little weaker than some of the UFC's elite-level featherweights, and he lacks control in the clinch game.

Nullify his fast footwork and blistering stand-up by controlling New Breed in the clinch and working him over with Muay Thai strikes, or use the clinch to secure a powerful throw against him, landing in dominant position on the ground.

Takedowns can be effective against him, but clinch throws such as suplexes from the Double Underhook clinch are the ideal way of bringing him to the mat, because these commonly land you in dominant positions such as Side Control, where he can't threaten you with his dangerous submissions from the bottom.

Rolling with such an accomplished submission grappler is risky of course, so try damaging him with strikes in the clinch instead, where he's most vulnerable.



Roster F-K
CHEICK KONGO

NICKNAME: N/A
WEIGHT CLASSES: Heavyweight
AGE: 36
HEIGHT: 6'4"
REACH: 82"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	83
Speed	75
Cardio	77
Footwork	83

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	79
Clinch Striking	82
Ground Striking	77
Clinch Grapple	70
Takedown	72
Ground Top Grapple	67
Ground Bottom Grapple	63
Submission	58

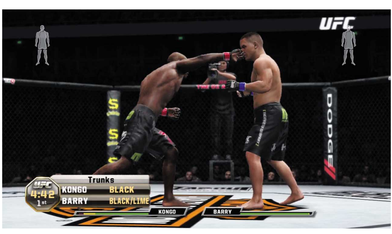
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	83
Clinch Striking	82
Ground Striking	69
Clinch Grapple	72
Takedown	79
Ground Top Grapple	72
Ground Bottom Grapple	67
Submission	73

ULTIMATE TECHNIQUES

RIGHT HEAVY STRAIGHT

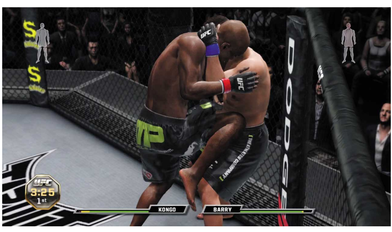
Level 2—Both Standing, Striking Range



Kongo utilizes his exceptional reach to rock his competition with this long and heavy straight right hand. Connect with this crisp technique strike to batter rivals in the stand-up.

STRONG RIGHT KNEE TO BODY

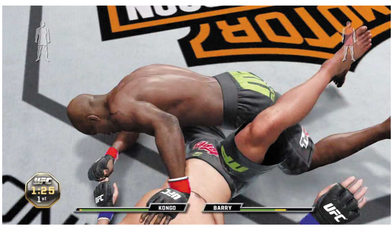
Level 3—Single Collar Tie



Pressure Kongo's opponents back toward the cage, then lock up in the Single Collar Tie and work them over with heavy knees to the body. These crushing knees aren't usually available to other fighters in this position.

SWEEP TRANSITION TO GUARD, TOP

Level 2—Mount, Bottom



Kongo is usually in trouble when forced to fight off his back, but this excellent technique transition allows him to sweep his rival onto his back, escaping from a disastrous mount.

STRENGTHS

- Experience
- Athleticism
- Striking

Cheick Kongo is a big, strong heavyweight known for his powerful kickboxing and Muay Thai abilities.

He has great footwork and commonly enjoys a welcome reach advantage over his opponents—use these advantages to maintain a favorable range from Kongo's rivals in the striking game.

Crack foes with strong kicks and long straights from the outside without exposing him to their counters.

Stay mobile and use his impressive footwork to maintain distance from takedown artists who seek to exploit his limited ground game.

While he doesn't have the best control in the clinch, he can work some very effective Muay Thai offense from both the Single Collar Tie and Muay Thai Clinch positions.

Lock up with elusive strikers if their grappling game isn't very strong and work them over with Kongo's powerful clinch knees.

WEAKNESSES

- Submissions
- Clinch grappling
- Ground grappling

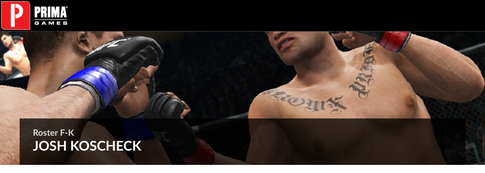
Kongo's powerful striking and technical footwork make him a worthy opponent when exchanging against him on the feet, but he struggles to defend himself when he's forced to fight on the ground.

Remain defensive in the stand-up game and look for a chance to dive under one of his big power strikes, which can sometimes be slow to find their mark.

Once he's down, you'll find him fairly easy to dominate from the top—he offers little resistance to transitions and can't effectively threaten you with submissions from the bottom.

Kongo is also dangerous in the clinch, but powerful clinch grapplers might be able to dominate the position and use it to score takedowns with less risk of being countered.

Whether you prefer clinch throws or takedowns, focus on bringing him to the floor before the big man can land a big shot on the feet.



Roster F-K

JOSH KOSCHECK

NICKNAME: N/A

WEIGHT CLASSES: Welterweight

AGE: 33
HEIGHT: 5'10"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	82
Cardio	80
Footwork	78

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	78
Clinch Striking	77
Ground Striking	80
Clinch Grapple	76
Takedown	85
Ground Top Grapple	80
Ground Bottom Grapple	79
Submission	70

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	76
Clinch Striking	75
Ground Striking	79
Clinch Grapple	73
Takedown	86
Ground Top Grapple	77
Ground Bottom Grapple	81
Submission	77

ULTIMATE TECHNIQUES

RIGHT OVER HOOK

Level 3—Both Standing, Striking Range

Though its range won't impress, this powerful hook has spelled disaster for Koscheck's opponents in the past. Try landing this punch as you look to score a takedown on the feet.

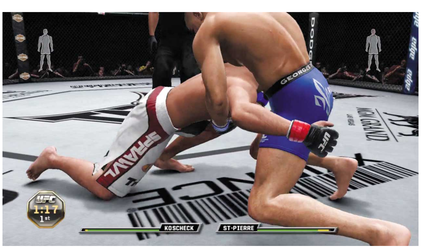
LEG SWEEP DOUBLE LEGTAKEDOWN

Level 3—Both Standing, Striking Range

Koscheck has a dangerous right hand, but his real weapon in the stand-up battle is his ability to drive his opponent to the ground with a commanding double leg takedown.

SWEEP TRANSITION TO OPEN GUARD, TOP

Level 2—Sprawl, Bottom



Koscheck doesn't give up on a takedown just because his opponent manages to sprawl and defend—he keeps driving forward with this sweep transition, forcing his rival onto his back anyway.

STRENGTHS

- Knockout power
- Athleticism
- Former NCAA champion

Welterweight contender Josh Koscheck has long been a force in the UFC, dominating his opponents with elite-level wrestling ever since his memorable run on the original season of The Ultimate Fighter.

Fight to your opponents' weaknesses when using Koscheck, either using his wrestling to take them down and control them on the ground, or by using his wrestling "in reverse" to stuff takedowns and keep the fight standing, where he can smash his rival with his heavy hands and ever-improving boxing technique.

He isn't very skilled at applying submissions, but he can bring down some pretty brutal ground-and-pound once he moves into dominant position—use his excellent wrestling to control most opponents on the mat, beating them senseless after you manage to secure the Mount.

WEAKNESSES

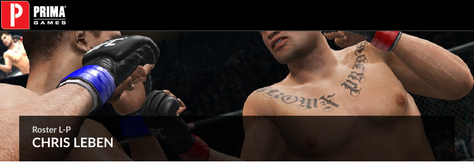
- Footwork
- Clinch grappling
- Submissions

Koscheck has been known to rock his opponents with his powerful right hand during stand-up exchanges, but elite strikers with superior footwork can outmaneuver him on the feet, scoring on him without as much risk of being countered.

He is still very dangerous in the striking game, however, and his takedown ability demands respect. Keep away from him and pick away with fast, long strikes from the outside.

If you trust in your fighter's ability to control the clinch, try tying up with him to batter him with some dirty boxing or Muay Thai.

He's too dangerous a grappler to risk rolling with to the ground, so focus on outmaneuvering him on the feet, and clinch up to limit this worthy welterweight's explosive offense.



Roster L-P

CHRIS LEBEN

NICKNAME: The Crippler

WEIGHT CLASSES: Middleweight
AGE: 31
HEIGHT: 5'11"
REACH: 74"
STANCE: Southpaw
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	71
Cardio	81
Footwork	72

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	74
Clinch Striking	81
Ground Striking	77
Clinch Grapple	79
Takedown	72
Ground Top Grapple	71
Ground Bottom Grapple	74
Submission	60

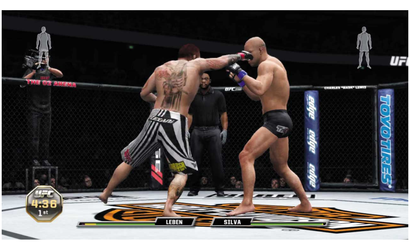
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	67
Standing Kicks	70
Clinch Striking	71
Ground Striking	72
Clinch Grapple	72
Takedown	75
Ground Top Grapple	70
Ground Bottom Grapple	74
Submission	78

ULTIMATE TECHNIQUES

RIGHT OVER STRONG HOOK

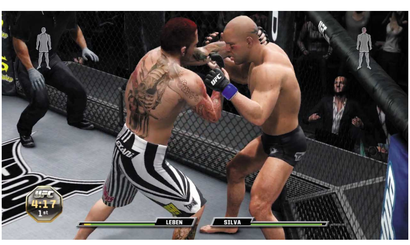
Level 2—Both Standing, Striking Range



Though "The Crippler" is a southpaw, he throws a very long and heavy right hook. This big, rangy technique punch helps make up for his lack of speed and mobility on the feet.

STRONG LEFT/RIGHT UPPERCUT

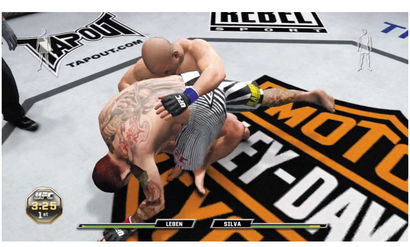
Level 2—Muay Thai Clinch Cage, Offense



Leben can work some effective dirty boxing in the Muay Thai Clinch. Pressure his opponents on the feet, then stuff them against the fence and land these compact, powerful punches.

SWEEP TRANSITION TO HALF GUARD, TOP

Level 1—Half Guard, Bottom



Leben is a skilled wrestler, even when fighting off his back. Use this handy technique transition to roll his opponent onto his back with a surprise sweep from the bottom of Half Guard.

STRENGTHS

- Knockout power
- Solid chin
- Well rounded

Chris "The Crippler" Leben is a hard-nosed striker who prefers to turn each fight into a knockdown, drag-out brawl.

Use Leben's powerful punches to rock his rivals in the stand-up battle, but don't get caught throwing wildly in long exchanges, or his lack of striking speed may cause him to get caught.

"The Crippler" has a good chin, but strikes will eventually add up if he takes too many, so keep his hands high and hurl big lefts and rights as you press forward on the feet.

He is also strong in the clinch, able to assume dominant position and land some brutal strikes in the form of dirty boxing uppercuts thrown from the Muay Thai position.

Use the clinch against swift strikers to trap them within range of his heavy lefts and rights.

WEAKNESSES

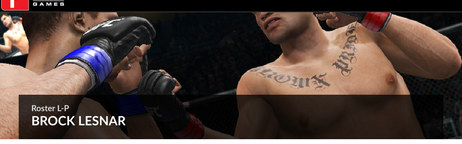
- Speed
- Footwork
- Submissions

"The Crippler" packs a powerful punch, but his poor footwork and lack of speed make him relatively easy prey for swift strikers during exchanges on the feet.

Outmaneuver Leben to set up your striking offense, and favor short combinations of quick strikes to sting him with superior timing from the outside.

He may try to clinch up with you in order to work some of his devastating dirty boxing, but he suffers from lack of control over the position—transition to improve your spot in the clinch and break free before suffering much damage.

Try to avoid the clinch and ground games altogether when fighting "The Crippler," keeping the fight on the feet and picking him apart with superior speed and footwork.



Roster I–P
BROCK LESNAR

NICKNAME: N/A

WEIGHT CLASSES: Heavyweight
AGE: 34
HEIGHT: 6'3"
REACH: 81"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	92
Speed	85
Cardio	87
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	62
Clinch Striking	70
Ground Striking	90
Clinch Grapple	84
Takedown	85
Ground Top Grapple	73
Ground Bottom Grapple	69
Submission	60

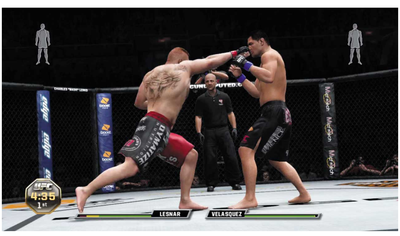
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	70
Clinch Striking	77
Ground Striking	70
Clinch Grapple	88
Takedown	89
Ground Top Grapple	82
Ground Bottom Grapple	75
Submission	68

ULTIMATE TECHNIQUES

BROCK'S RIGHT STRAIGHT

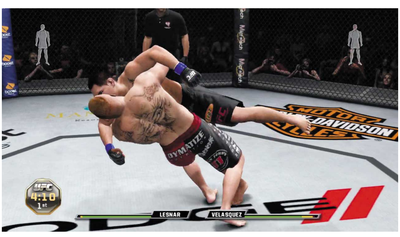
Level 3—Both Standing, Striking Range



Lesnar isn't the most tactical striker, but the sheer force behind this long, heavy straight makes it a devastating blow when it lands flush. Fire this technique strike to lash out from the outside.

SUPLEX TO SIDE CONTROL, TOP

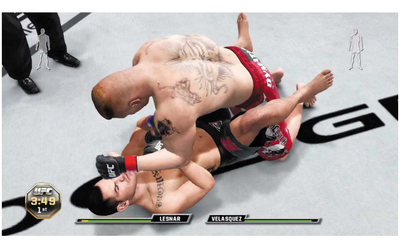
Level 3—Double Underhook, Offense



When you don't feel comfortable shooting in on the feet, favor suplexes from the clinch instead of Lesnar's powerful takedowns, because these are safer to perform.

LEFT/RIGHT HAMMER FIST

Level 3—Open Guard, Top



Lesnar's ground-and-pound comes with devastating force and ferocity. Get the takedown, then posture up and smash his adversaries with his lethal hammer fists from Open Guard, Half Guard, or Mount.

STRENGTHS

- Size
- Former NCAA champion
- Athleticism

Brock Lesnar had a brief but dominant run in the UFC, rocketing through the ranks to capture the UFC heavyweight title in just his fourth professional MMA bout.

He uses his size, strength, and elite wrestling ability to drive his opponents to the ground, pin them helplessly, and smash them with relentless ground-and-pound.

Though Lesnar can throw a strong right straight on the feet, he's vulnerable when standing—strive to close in and grapple with his opponents by either clinching up or diving in for a powerful double leg.

Get opponents to the ground and then use his great strength to pass their guard as you punish them with heavy shots from the top.

Lesnar also has excellent strength and control in the clinch, although his clinch strikes don't pack the same force as his devastating punches and knees on the ground.

WEAKNESSES

- Footwork
- Kicks
- Submissions

Lesnar's striking ability is amateur at best, and he doesn't react well when he eats clean strikes on the feet.

Exploit his lumbering footwork and outmaneuver the former champ on the feet, keeping away from both him and the cage.

Land quick strikes from the outside and retreat each time he tries to close the distance and grapple.

Beware of his long and powerful straight right hand, and keep your hands up at all times when exchanging from the outside.

He isn't especially dangerous off his back, but he has dominant control in the clinch and in top ground positions—still, submission specialists with good grappling skills should feel comfortable taking Lesnar to the mat and working to set up a submission.

His ground game has yet to fully evolve, and he's susceptible to subs, so attack with submissions from the bottom whenever he's attempting to control you from the top.

Roster L-P

CHUCK LIDDELL

NICKNAME: The Iceman

WEIGHT CLASSES: Middleweight (PRIDE)
AGE: 37
HEIGHT: 6'2"
REACH: 76"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	LHW RATING	MW RATING (PRIDE)
Strength	83	83
Speed	79	79
Cardio	81	81
Footwork	75	75

OFFENSIVE SKILLS

SKILL	LHW RATING	MW RATING (PRIDE)
Standing Strikes	84	84
Standing Kicks	80	80
Clinch Striking	71	70
Ground Striking	68	68
Clinch Grapple	68	68
Takedown	72	72
Ground Top Grapple	66	66
Ground Bottom Grapple	76	76
Submission	56	56

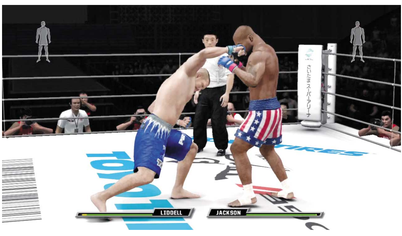
DEFENSIVE SKILLS

SKILL	LHW RATING	MW RATING (PRIDE)
Standing Strikes	74	74
Standing Kicks	78	78
Clinch Striking	75	75
Ground Striking	74	74
Clinch Grapple	80	80
Takedown	88	88
Ground Top Grapple	75	75
Ground Bottom Grapple	76	76
Submission	82	82

ULTIMATE TECHNIQUES

OVERHAND RIGHT

Level 3—Both Standing, Striking Range



Liddell is famous for dropping his rivals with this devastating right hand. Land this quick punch often—its brief ducking windup lets "The Iceman" slip his opponents' strikes and counter hard.

CHUCK'S RIGHT STRAIGHT

Level 3—Both Standing, Striking Range

Rock Liddell's rivals with this long straight right hand from the outside. This fast blow is also available from clinch range, so it's always at his disposal on the feet.

RIGHT HEAD KICK

Level 2—Both Standing, Striking Range

He's an accomplished kickboxer, and although he doesn't throw it often, The Iceman has a fantastic head kick that can be devastating when thrown with proper range and timing.

STRENGTHS

- Striking
- Takedown defense
- Knockout power

Chuck "The Iceman" Liddell is a dominant striker who uses his strong takedown defense and knockout power to dominate his rivals in both the UFC and in PRIDE.

Though he's good at defensive wrestling, his striking has always been his main strength—use his long lefts and excellent overhand right to rock his rivals with devastating strikes on the feet.

He also packs plenty of power in his kicks, so batter opponents' legs to slow them down and make them easier for Liddell to catch in the stand-up battle.

Remain tactical with his striking to preserve his stamina and his ability to defend against the takedown.

Although he can opt to score points by shooting for takedowns, "The Iceman" has a poor offensive grappling and submission game, and it's best to simply remain standing, punishing his rivals with hard punches and kicks on the feet.

WEAKNESSES

- Clinch grappling
- Ground top grappling
- Submissions

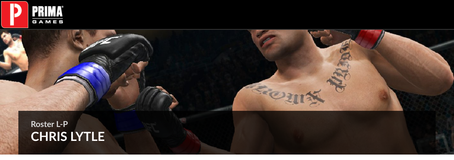
"The Iceman" is a dangerous striker, so it's best to take him out of his element and grapple with him. Grab him in the clinch or duck under one of his big strikes and score a short takedown.

Liddell's clinch control is poor, but his takedown defense is excellent, so powerful throws such as suplexes from the Double Underhook clinch are the best ways to bring him to the mat.

He's also difficult to control on the ground, so focus on maintaining your position as you score points and work his body with conservative groundand- pound.

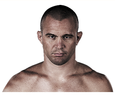
Don't go for subs until you've worn him out and transitioned to dominant position—"The Iceman" has always been tough to submit, so you've got to work at setting up your subs.

Ground-and-pound may be the easiest route to victory against him, assuming you can bring and keep him down.



Roster L-P

CHRIS LYTLE



NICKNAME: Lights Out
WEIGHT CLASSES: Welterweight
AGE: 37
HEIGHT: 5'11"
REACH: 68"
STANCE: Orthodox
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	72
Speed	75
Cardio	73
Footwork	83

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	77
Clinch Striking	72
Ground Striking	72
Clinch Grapple	68
Takedown	70
Ground Top Grapple	73
Ground Bottom Grapple	73
Submission	80

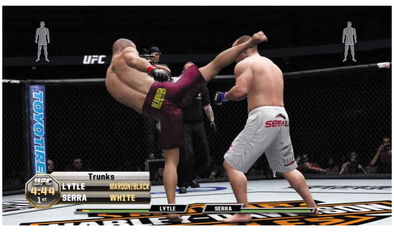
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	75
Clinch Striking	73
Ground Striking	74
Clinch Grapple	71
Takedown	69
Ground Top Grapple	71
Ground Bottom Grapple	72
Submission	79

ULTIMATE TECHNIQUES

RIGHT/LEFT HEAD KICK

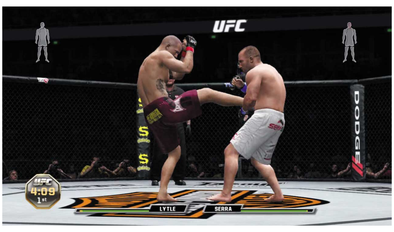
Level 2—Both Standing, Striking Position



Though he's best known for his heavy hands, "Lights Out" can unleash some devastating kicks to his opponent's head. Land head kicks to rock his opponent from range.

BLOCKING RIGHT FRONT KICK

Level 2—Both Standing, Striking Position



Lytle has been known to overexert himself during striking exchanges. This defensive body kick helps him keep his opponent at bay while he catches his breath and recovers.

DIRECT CATCH TO KNEEBAR

Level 3—Open Guard, Top

"Lights Out" may pack some power in his strikes, but he's also an excellent submission fighter. His kneebars from Open Guard are among his best subs.

STRENGTHS

- Striking
- Submissions
- Aggressive style

Chris "Lights Out" Lytle is a scrappy brawler and submission artist who has recorded many memorable victories inside the Octagon.

His aggressive style has led him toward achieving a remarkable 10 "of the night" awards, including four Fight of the Night awards, one Knockout of the Night, and three Submission of the Night honors.

Use his good footwork to set up his powerful striking combinations when exchanging in the stand-up battle.

Lytle isn't strong in the clinch, so avoid this position and try to time a takedown if you feel like working his excellent submission game.

Bringing the opponent to the ground lets him lock in his powerful kneebars, which he can perform in the easy-to-achieve Open Guard position.

Attack his rivals with body blows and kicks during the striking battle to soften them up for his lethal kneebars from Open Guard.

WEAKNESSES

- Strength
- Clinch grappling
- Takedown defense

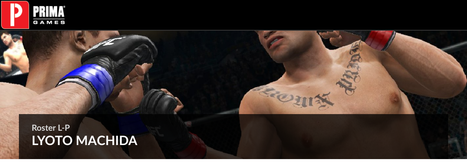
Lytle is a dangerous striker and grappler, but elite-level opponents can overwhelm him with superior technique and athleticism in most areas of the fight game.

His stand-up and submission games are his two most powerful weapons, so be elusive on the feet to present a difficult target for his predictable strikes, and remain ready to stuff his takedowns at any time.

Interrupt his sluggish striking combinations with long quick strikes from the outside, and punish "Lights Out" each time you catch him in a sprawl.

He has poor control in the clinch, so use this position to great advantage against him by working him over with elbows, knees, or dirty boxing from the Muay Thai position.

He's vulnerable to being taken down, but his submission grappling is dangerous enough to make rolling with him risky. Keep the fight on the feet if you're having success there, or move in and work him over in the clinch instead.



Roster L-P

LYOTO MACHIDA

NICKNAME: The Dragon
WEIGHT CLASSES: Light Heavyweight

AGE: 33
HEIGHT: 6'1"
REACH: 73"
STANCE: Southpaw and Switch
OVERALL RATING: 90

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	85
Cardio	85
Footwork	88

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	83
Clinch Striking	71
Ground Striking	77
Clinch Grapple	75
Takedown	84
Ground Top Grapple	78
Ground Bottom Grapple	73
Submission	76

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	84
Clinch Striking	78
Ground Striking	81
Clinch Grapple	78
Takedown	88
Ground Top Grapple	80
Ground Bottom Grapple	75
Submission	85

ULTIMATE TECHNIQUES

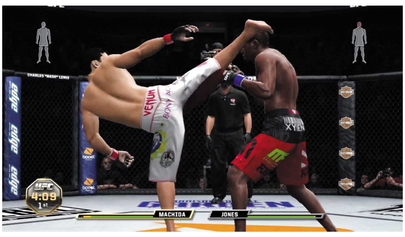
LYOTO'S LEFT STRAIGHT

Level 3—Both Standing, Striking Range

The speed, range, and accuracy of this punch make it the backbone of Machida's elusive striking style. Land plenty of these hard quick strikes to rapidly batter the opponent's face.

LYOTO'S RIGHT HEAD KICK

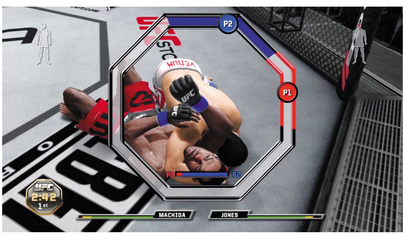
Level 3—Both Standing, Striking Range



Machida's stiff kicks are even more painful than his punches, and the range of this high head kick makes it ideal for cracking the opponent from the outside.

DIRECT CATCH TO ARM TRIANGLE CHOKE

Level 3—Side Control, Top



Though he's not particularly known for his submissions, "The Dragon" can apply a deadly choke if he can move into Side Control. This is one of his best subs.

STRENGTHS

- Karate
- Unorthodox style
- Speed

A former UFC light heavyweight champion, Lyoto "The Dragon" Machida dominated his opponents with his family's own fast and elusive style of "Machida karate" striking.

Machida's opponents have trouble keeping up with him on the feet, because "The Dragon" has exceptional striking speed and footwork.

Land his long left straight over and over to brutalize rivals from the outside.

He also has excellent kicks that come with great speed and force—use these to add depth to his stand-up game.

Though he can work some very effective ground-andpound, Machida struggles to work in the clinch and escape from the bottom—unless the opponent is an unskilled grappler, it's usually best to keep the fight standing and punish rivals with his excellent speed and striking technique.

WEAKNESSES

- Strength
- Clinch striking
- Ground bottom grappling

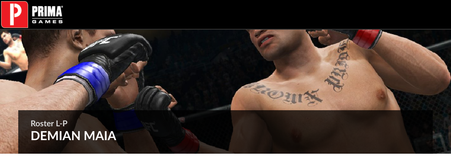
"The Dragon" is such a strong and elusive defensive fighter that being aggressive and bringing the fight to him can be difficult—and dangerous.

Be conservative with your offense instead and try to score short takedowns to bring him to the mat, where he is least dangerous.

Masters of the clinch position may have success in controlling him in the clinch as well, landing strikes or scoring trips and takedowns from there.

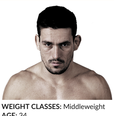
Though he's a skilled ground fighter from the top, he's fairly easy to control while trapped on bottom—bring him to the ground and focus on keeping him there as you work a fairly conservative ground-and-pound game from the top.

Machida has excellent submission defense, so don't attempt to lock in subs without first rocking him or wearing him down with plenty of hard body shots.



Roster L-P

DEMIAN MAIA



NICKNAME: N/A
WEIGHT CLASSES: Middleweight
AGE: 34
HEIGHT : 6'0"
REACH: 72"
STANCE : Southpaw and Switch
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	67
Speed	76
Cardio	75
Footwork	69

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	70
Clinch Striking	73
Ground Striking	71
Clinch Grapple	75
Takedown	78
Ground Top Grapple	86
Ground Bottom Grapple	84
Submission	89

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	72
Clinch Striking	69
Ground Striking	82
Clinch Grapple	73
Takedown	69
Ground Top Grapple	85
Ground Bottom Grapple	85
Submission	91

ULTIMATE TECHNIQUES

PULL GUARD TO OPEN GUARD CLINCH

Level 3—Single Collar Tie

When Maia's standing takedowns are being stuffed and countered, try locking up in the easy-to-reach Single Collar Tie, then pulling guard to bring the fight into his world.

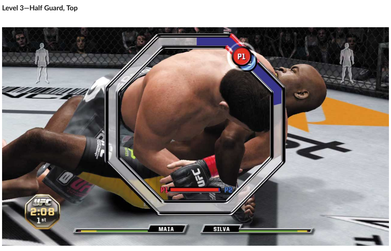
DIRECT CATCH TO TRIANGLE CHOKE

Level 3—Open Guard Clinch, Bottom

After dropping down and pulling the opponent into Open Guard Clinch, lock in this lethal technique triangle from the bottom to bring the fight to a swift finish.

DIRECT CATCH TO KIMURA FROM HALF GUARD

Level 3—Half Guard, Top



Maia also has many brilliant submissions from the top. He can lock in this crippling kimura from the Half Guard Clinch, making him a serious threat the moment he begins to pass his opponent's guard.

STRENGTHS

- Submissions
- Brazilian Jiu-Jitsu black belt
- Grappling

Demian Maia is a dominant Brazilian Jiu-Jitsu fighter who seeks to bring his opponents to the ground so he can quickly finish them with one of his many lethal submissions.

Play defense with Maia on the feet, attacking in sparse bursts of offense as you look to set up effective takedowns.

He is a tremendous grappler from both the top and bottom, so if his takedowns keep getting stuffed, try pulling guard with a technique transition from practically any clinch position instead.

Bring the opponent to the mat so that he can work his demoralizing ground grappling and submission game.

He can lock in fight-ending submissions even from Half Guard, not to mention all other dominant top positions, such as Side Control and Mount.

Maia can also secure lethal subs from the bottom, such as triangles and kimuras from Open Guard Clinch and Half Guard Clinch.

Get the fight to the floor and get the opponent to tap with Maia's dominant ground game.

WEAKNESSES

- Strength
- Footwork
- Striking game

Maia is a monster on the ground, but he struggles to remain competitive in most other areas of the fight game.

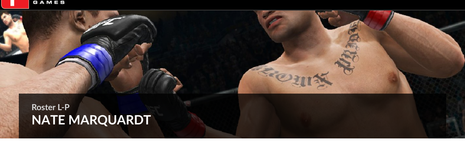
His stand-up is simply not good—his strikes lack speed and power, and he knows few technique strikes on the feet.

He also has poor footwork and is vulnerable to standing strikes, so keep him out of grappling distance by remaining elusive and landing quick strikes from the outside.

Don't let him clinch with you or he'll likely pull you into his guard, which is a dangerous place to be— again, exploit his poor footwork and striking speed on the feet to keep your distance, and pepper him with quick combos, preventing him from effectively clinching or shooting in.

He's vulnerable to clinch strikes himself, so the Muay Thai Clinch can be worked against him if you're confident in your fighter's grappling abilities.

Otherwise, simply look to pick Maia apart on the feet and remain ready to stuff his takedowns at any moment.



Roster L-P

NATE MARQUARDT

NICKNAME: The Great
WEIGHT CLASSES: Middleweight
AGE: 32
HEIGHT: 6'0"
REACH: 74.5"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	72
Cardio	78
Footwork	79

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	74
Clinch Striking	76
Ground Striking	85
Clinch Grapple	74
Takedown	82
Ground Top Grapple	76
Ground Bottom Grapple	74
Submission	79

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	77
Clinch Striking	76
Ground Striking	78
Clinch Grapple	76
Takedown	78
Ground Top Grapple	75
Ground Bottom Grapple	77
Submission	78

ULTIMATE TECHNIQUES

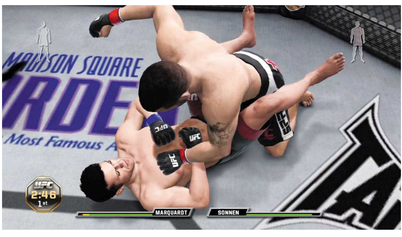
SUPLEX TO SIDE CONTROL, TOP

Level 3—Double Underhook, Offense

Some opponents are good at stuffing and countering Marquardt's takedowns. Work for his powerful throws from the clinch instead, particularly this easy-to-access suplex from the Double Underhook position.

LEFT/RIGHT HOOK

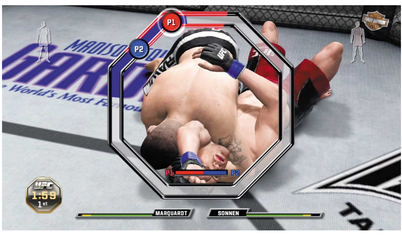
Level 2—Open Guard, Top



"The Great" can bring these heavy hooks down with crushing force when he postures up in Open Guard, Half Guard, or Mount on the ground. These are some of his most powerful strikes, so try to use them.

DIRECT CATCH TO ARM TRIANGLE CHOKE

Level 3—Side Control, Top



Slam the opponent into Side Control, or transition there after scoring a big takedown on the feet. Then posture up into sub position and apply this powerful choke from Side Control.

STRENGTHS

- Very well rounded
- Knockout power
- Experience

Nate "The Great" Marquardt is a big middleweight fighter with great strength and a wellrounded skill set.

Use his speed on the feet to work your way inside and score takedowns, for "The Great" is most dangerous when rolling on the mat.

Use his impressive grappling ability to pass the opponent's guard and land some devastating ground-and-pound.

This is where he can do his most impressive damage, and the strength of his strikes from the top helps him quickly set up powerful submissions, such as crushing arm triangles from Side Control.

Veteran grapplers may be able to hold him down if they manage to attain top position, however, so avoid the grappling game against these types of opponents and use his movement speed and striking power on the feet to rock these foes with fast and rangy kicks and punches from the outside instead.

WEAKNESSES

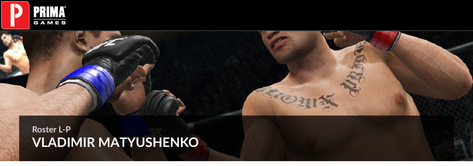
- Speed
- Clinch grappling
- Submissions from the bottom

Though Marquardt has impressive footwork in the stand-up game, his strikes and combinations are somewhat slow, making them susceptible to being interrupted and countered by rivals with fast hands.

He can be similarly dominated in most other areas of the fight game when pitted against elitelevel competition—Muay Thai specialists can control him with kicks and strong clinch work, while grapplers can work for takedowns and control him from the top if they succeed in bringing him down.

He has good defensive skills and is difficult to finish, so don't go looking for the KO or submission. Stay conservative to maintain your stamina and control the pace of the fight.

Implement your fighter's strongest game plan to overwhelm him in your most dominant area of the fight game.



Roster L-P

VLADIMIR MATYUSHENKO

NICKNAME: The Janitor

WEIGHT CLASSES: Light Heavyweight

AGE: 40
HEIGHT: 6'0"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	70
Cardio	74
Footwork	70

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	64
Clinch Striking	76
Ground Striking	79
Clinch Grapple	78
Takedown	78
Ground Top Grapple	76
Ground Bottom Grapple	72
Submission	58

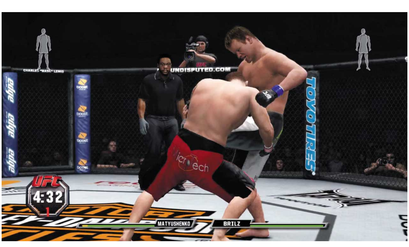
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	74
Clinch Striking	78
Ground Striking	80
Clinch Grapple	76
Takedown	80
Ground Top Grapple	73
Ground Bottom Grapple	74
Submission	84

ULTIMATE TECHNIQUES

LEG SWEEP SINGLE LEG TAKEDOWN

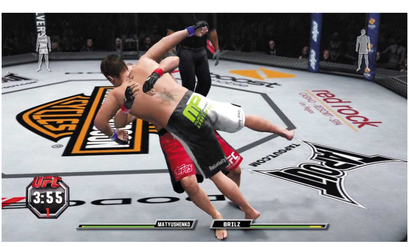
Level 2—Both Standing, Striking Range



"The Janitor" knows a bit of boxing, but his primary weapons in the stand-up game are his takedowns. Hurry and bring the opponent to the mat with this strong single leg.

SUPLEX TO SIDE CONTROL, TOP

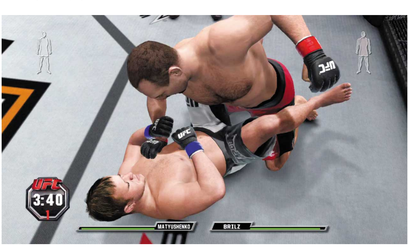
Level 3—Double Underhook, Offense



Use Matyushenko's dominant suplex from the easy-to-reach Double Underhook clinch to bring his opponents to the ground as well. These are even more effective than his regular takedowns.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top



Once "The Janitor" brings his opponent to the mat, he's able to posture up and rain down heavy hooks from the top. These strong technique strikes are available in Half Guard and Mount as well as Open Guard.

STRENGTHS

- Strength
- Experience
- Wrestling

Vladimir "The Janitor" Matyushenko is a veteran MMA warrior with a fight history that dates all the way back to the late '90s.

He draws upon this vast pool of experience to remain competitive in the UFC light heavyweight division today.

Matyushenko is a strong boxer, but his poor speed and footwork can get him into trouble on the feet—use his strong clinch game or risk standing takedowns to bring his opponents to the ground instead of risking prolonged exchanges with them on the feet, where he can be caught by quick counterstrikers.

He has a great single leg takedown and powerful suplexes from the Double Underhook clinch—use these weapons to bring the fight to the floor, where Matyushenko can control his opponents with his strong top game and punish them with his heavy ground-and-pound.

WEAKNESSES

- Speed
- Kicks
- Submissions

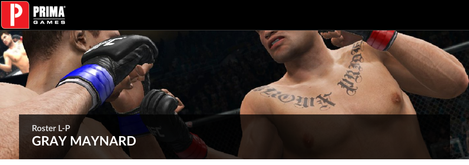
Matyushenko's poor footwork and lack of striking speed make him an easy target for talented strikers. He also suffers from poor kicking ability and a lack of depth in his technique strikes.

All of these disadvantages make "The Janitor" very vulnerable as long as the fight remains standing.

Lash out at him with long, quick strikes from the outside, using superior speed and footwork to score on him without leaving yourself vulnerable to his clinch attempts and takedowns.

Keep him on the end of your strikes, and remain ready to sprawl and deny his attempts to grapple at all times.

Damage him with multiple leg kicks to reduce his movement speed even further, and simply avoid the grappling game to prevent him from employing his strongest brand of offense against you.



Roster L-P

GRAY MAYNARD

NICKNAME: The Bully
WEIGHT CLASSES: Lightweight
AGE: 32
HEIGHT: 5'8"
REACH: 70"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	88
Speed	78
Cardio	89
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	65
Clinch Striking	75
Ground Striking	84
Clinch Grapple	76
Takedown	87
Ground Top Grapple	72
Ground Bottom Grapple	72
Submission	70

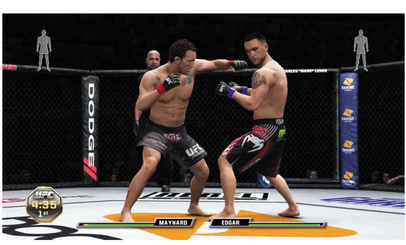
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	81
Clinch Striking	80
Ground Striking	83
Clinch Grapple	83
Takedown	84
Ground Top Grapple	70
Ground Bottom Grapple	82
Submission	84

ULTIMATE TECHNIQUES

DUCKING LEFT/RIGHT HOOK

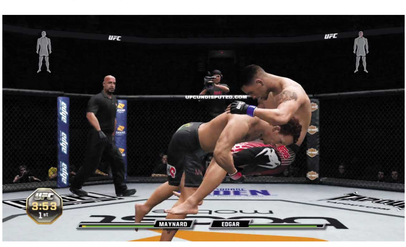
Level 3—Both Standing, Striking Range



"The Bully" is an ever-improving boxer, and these heavy technique hooks bring the perfect combination of power and technique to bear against his opponent.

JUMPING DOUBLE LEG TAKEDOWN

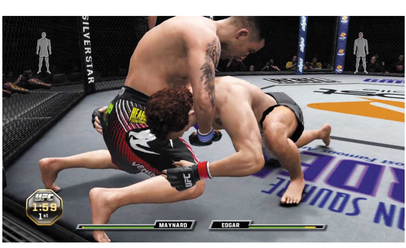
Level 3—Both Standing, Striking Range



When he wants to gain a positional advantage, Maynard can shoot in and drive his opponents onto their backs with this tremendous double leg takedown. This sets him up to deliver some heavy ground-and-pound.

SWEEP TRANSITION TO OPEN GUARD, TOP

Level 2—Sprawl, Bottom



With this technique, Maynard can drive to finish a takedown even if his opponent sprawls. He has similar sweeps from other unfavorable positions, like when he's on bottom in Side Control or Mount.

STRENGTHS

- Wrestling
- Conditioning
- Heart

Gray "The Bully" Maynard is a powerful boxer with the ability to knock out his opponent with either hand.

He also has a strong wrestling game and can shoot for a great double leg takedown to gain the upper hand in a fight whenever he chooses.

Pressure Maynard's opponents on the feet, throwing his heavy technique hooks to potentially rock them.

Look for the takedown if you're getting outstruck on the feet—fast hands have been known to give him trouble.

Use his driving double leg to power the opponent onto the ground, then work at improving position and posturing up to rain down brutal ground strikes from the top.

"The Bully" can also control the clinch quite effectively, using it to inflict damage and score big suplexes when regular standing takedowns are proving too difficult.

WEAKNESSES

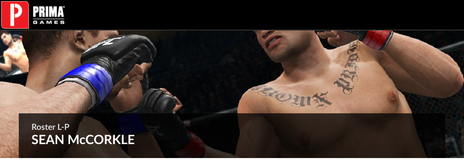
- Footwork
- Kicks
- Submissions

Maynard is a powerful puncher with fast and dangerous combinations, but he can be outstruck by elusive kickboxers who use their superior footwork and kicking ability to outmaneuver and punish him from outside of his countering range.

Keep away from him and use lots of fast kicks and long strikes to batter him from the outside.

His best punches have limited range, so keep your distance and remain ready to sprawl and stuff his takedowns at any given moment.

He is tough to handle when he gets you to the ground, but he has limited submission ability—focus on defending against his brutal ground-and-pound and improving your position instead, then try not to let "The Bully" get the best of you again.



Roster L-P

SEAN McCORKLE

NICKNAME: Big Sexy

WEIGHT CLASSES: Heavyweight

AGE: 35
HEIGHT : 6'7"
REACH: 81"
STANCE: Orthodox
OVERALL RATING: 81

ATTRIBUTES

ATTRIBUTE	RATING
Strength	73
Speed	74
Cardio	72
Footwork	72

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	69
Standing Kicks	63
Clinch Striking	73
Ground Striking	73
Clinch Grapple	73
Takedown	76
Ground Top Grapple	72
Ground Bottom Grapple	74
Submission	77

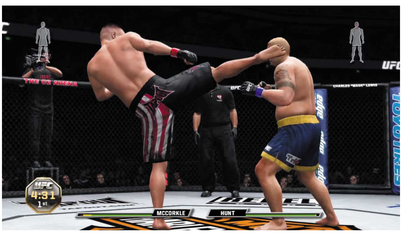
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	65
Clinch Striking	75
Ground Striking	69
Clinch Grapple	71
Takedown	68
Ground Top Grapple	74
Ground Bottom Grapple	79
Submission	79

ULTIMATE TECHNIQUES

RIGHT HEAD KICK

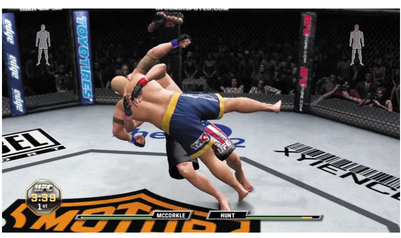
Level 2—Both Standing, Striking Range



McCorkle isn't known for his head kicks, but these are among his most rangy and powerful strikes. This takes advantage of his natural size and reach, so look to throw head kicks from the outside.

SUPLEX TO SIDE CONTROL, TOP

Level 1—Double Underhook, Offense



This suplex from the Double Underhook clinch is a great way to quickly slam opponents to the mat. McCorkle lands in Side Control after the throw, ready to work for subs.

DIRECT CATCH TO KIMURA FROM HALF GUARD, TOP

Level 2—Half Guard, Top

An accomplished submission artist, McCorkle can lock in an effective kimura from the relatively easy-to-reach Half Guard position. This same potent sub can be locked in from Side Control as well.

STRENGTHS

- Size
- Strength
- Submissions

Sean "Big Sexy" McCorkle is a big, intimidating heavyweight with strong takedowns and dangerous submission ability.

His size gives him a natural reach advantage on the feet, allowing him to land long kicks and strikes from the outside while timing his takedown attempts to help ensure they succeed.

Once McCorkle brings his opponent to the ground, he can work for various submissions from the top, his favorites being powerful kimuras from Half Guard and Side Control.

"Big Sexy" is equally good at locking his favorite sub from off his back, able to force the tap with kimuras from the bottom as well.

He's at his best when grappling on the mat, so try to bring the fight here as soon as you can, remaining defensive on the feet as you look for an opening to clinch up or shoot in for the takedown.

WEAKNESSES

- Cardio
- Striking game
- Takedown defence

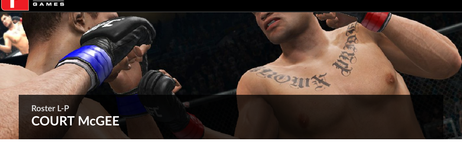
"Big Sexy" may have a size advantage over most of his opponents, but his lack of cardio limits his ability to fight hard throughout the entirety of a grueling battle.

He also suffers from poor footwork and slow striking speed, preventing him from mounting much of an effective offense on the feet.

Try to remain upright while fighting him, using superior striking and movement speed to cut him off and crack him with blistering combos and brutal counters.

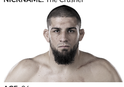
McCorkle suffers significant damage from kicks, so punish his body and legs to slow him down and deplete his limited gas tank even faster.

He can threaten you with dangerous submissions off of his back, so don't linger in his Open Guard or Half Guard for long—make sure to transition out to Side Control or Mount if you decide to take McCorkle down and test his respectable ground skills.



Roster I–P
COURT McGEE

NICKNAME: The Crusher



WEIGHT CLASSES: Middleweight
AGE: 26
HEIGHT: 5'11"
REACH: 76"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	76
Cardio	79
Footwork	72

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	70
Clinch Striking	75
Ground Striking	76
Clinch Grapple	73
Takedown	80
Ground Top Grapple	74
Ground Bottom Grapple	74
Submission	74

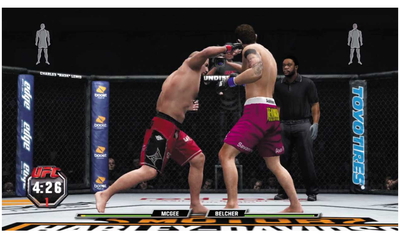
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	74
Clinch Striking	78
Ground Striking	74
Clinch Grapple	78
Takedown	79
Ground Top Grapple	75
Ground Bottom Grapple	74
Submission	80

ULTIMATE TECHNIQUES

WEAVING OVERHAND RIGHT

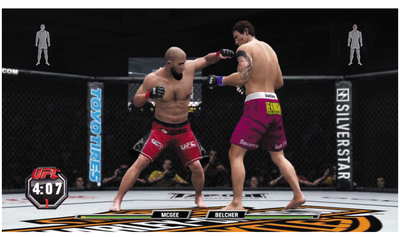
Level 2—Both Standing, Striking Range



McGee can land this heavy punch with great force, rocking his opponent in the striking exchange. This is one of his best technique strikes, so try to land it often.

LEFT GUARDED HOOK

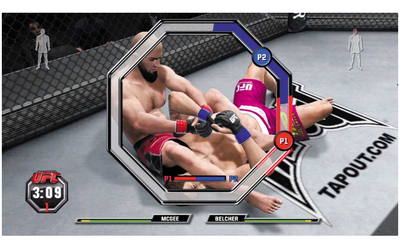
Level 2—Both Standing, Striking Range



McGee can quickly close the distance on his opponent with this lunging left hook. He ducks down for an instant before throwing this blow—this can help him slip inbound strikes and land this big hook as a counter.

DIRECT CATCH ARMBAR FROM THE TOP

Level 2—Mount, Top



A well-rounded fighter, McGee can work for a few effective submissions once he moves into dominant ground position. Exhaust his opponent with ground strikes to the body, then lock in this powerful armbar from Mount.

STRENGTHS

- Well rounded
- Heart
- Conditioning

Court "The Crusher" McGee made a name for himself through his respectable actions inside and outside of the cage during his recent stint on The Ultimate Fighter.

He uses his great conditioning and well-rounded skill set to push the pace and pressure his opponent wherever the fight happens to go.

Stay active and keep opponents working to overwhelm them with McGee's relentless pace.

Try to land body shots on the feet to drain the opponent's gas tank rather quickly. Shoot for takedowns when his rivals begin to answer back in the stand-up exchanges.

Bring his opponents to the ground with his excellent double leg takedowns, then work to control the top position.

Score points with more ground-and-pound, and see if you can transition to Mount so that he can work his most effective armbars.

WEAKNESSES

- Footwork
- Speed
- Kicks

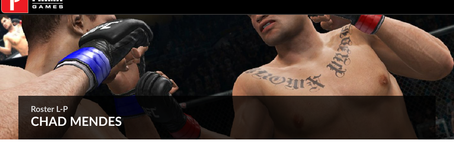
"The Crusher" is a dangerous and well-rounded fighter, but he lacks dominant skill in any one area of the fight game—exploit this by trying to overwhelm McGee with your fighter's favorite method of attack.

Beware of his strong takedowns and keep a respectable distance from him at all times, punishing his legs with sharp kicks from the outside to reduce his already sluggish movement speed even further.

Outperform him on the feet with superior footwork and timing, but always remain ready to sprawl against his dangerous takedowns.

He can be controlled on the ground and in the clinch if your fighter specializes in grappling, but "The Crusher" is good at escaping from subs, and must first be softened up before submissions can be effectively applied.

Impose your fighter's strengths when facing McGee, and look to exploit his lack of mastery in any one particular field of the sport.



Roster L-P

CHAD MENDES

NICKNAME: Money
WEIGHT CLASSES: Featherweight
AGE: 26
HEIGHT: 5'6"
REACH: 66"
STANCE: Orthodox
OVERALL RATING: 90

ATTRIBUTES

ATTRIBUTE	RATING
Strength	83
Speed	86
Cardio	85
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	74
Clinch Striking	77
Ground Striking	80
Clinch Grapple	83
Takedown	88
Ground Top Grapple	82
Ground Bottom Grapple	75
Submission	73

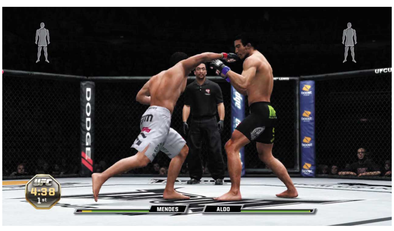
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	75
Clinch Striking	79
Ground Striking	82
Clinch Grapple	80
Takedown	85
Ground Top Grapple	84
Ground Bottom Grapple	77
Submission	82

ULTIMATE TECHNIQUES

RIGHT OVER HOOK

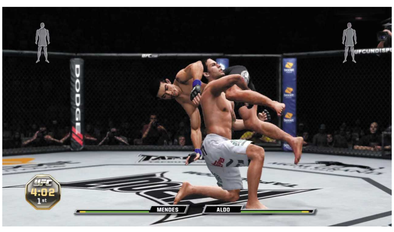
Level 2—Both Standing, Striking Range



"Money" wields a stiff right hook that has great speed and lands with heavy impact. Pound his opponents with these punishing hooks to rock them during striking exchanges.

DRIVING DOUBLE LEG TAKEDOWN

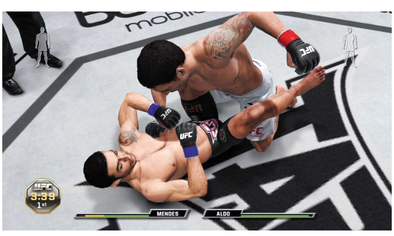
Level 3—Both Standing, Striking Range



Blast in with Mendes's dominant double leg to drive his rival to the mat, then begin to work his crushing top game. This is one powerful double leg that's tough to stuff.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top



"Money" can work some devastating groundand- pound once he succeeds in bringing his opponent to the mat. Land these big hooks from Open Guard, Half Guard, or Mount until one manages to rock Chad's rival.

STRENGTHS

- Wrestling
- Speed
- Training camp

Chad "Money" Mendes is a fantastic featherweight prospect who brings great speed, strength, and wrestling ability to bear against his opponents inside the Octagon.

Use his blistering hand speed to score on opponents in the stand-up game, throwing quick combinations and tagging rivals with swift counters during the exchange.

Box with opponents until they forget his real strength: a driving double leg takedown that all but guarantees Mendes will bring his rivals to the mat.

Once the action hits the floor, use his strong grappling ability to transition to dominant top position so he can bring down some of his furious ground-and-pound.

Land heavy hooks from Half Guard or Mount to punish the bottom opponent, and don't give them a chance to catch their breath.

Push the pace with his excellent conditioning and fight hard to really work over opponents when you get them in a favorable position.

WEAKNESSES

- Footwork
- Kick defense
- Submissions

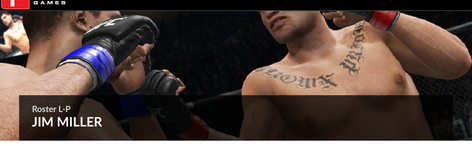
A rising featherweight contender, "Money" doesn't have much in the way of weaknesses.

While his footwork leaves a little to be desired, Mendes more than makes up for this with his incredible striking speed—only elite-level kickboxers will be able to exploit this small weakness by keeping their distance and kicking away at his body and legs from the outside to slow his movements even further.

Given his strong control in the clinch and on the ground, striking with "Money" may well be the best way to handle him.

Just don't get caught exchanging with him for long—his blazing hand speed means he'll eventually connect with some big punches if you remain in front of him.

Keep to the outside and try to utilize kicks against Mendes, which have the greatest effect against him and can usually be landed from outside of his ideal countering range.



Roster L-P

JIM MILLER

NICKNAME: N/A
WEIGHT CLASSES: Lightweight

AGE: 28
HEIGHT: 5'8"
REACH: 71"
STANCE: Southpaw and Switch
OVERALL RATING: 90

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	80
Cardio	87
Footwork	73

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	72
Clinch Striking	77
Ground Striking	80
Clinch Grapple	76
Takedown	83
Ground Top Grapple	82
Ground Bottom Grapple	80
Submission	82

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	75
Clinch Striking	80
Ground Striking	83
Clinch Grapple	79
Takedown	83
Ground Top Grapple	84
Ground Bottom Grapple	84
Submission	85

ULTIMATE TECHNIQUES

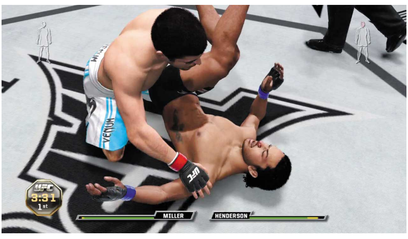
LEFT/RIGHT GUARDED HOOK

Level 2—Both Standing, Striking Range

Miller has good speed and power in his fists, especially when he's throwing these elusive hooks. Unleash these effective technique strikes to slip inbound punches and counter with these stiff shots.

TRANSITION TO SIDE CONTROL, TOP

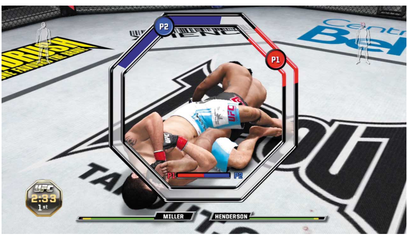
Level 2—Open Guard, Top



This huge technique transition moves Miller all the way to Side Control from Open Guard. Use this to help him quickly advance out of a dangerous submission grappler's bottom guard.

DIRECT CATCH TO TOE HOLD

Level 3—Open Guard, Top



But why bother transitioning when Miller can drop down for a leg submission from the comfort of Open Guard? Try locking in this powerful sub following short takedowns to really put his opponent in a bind.

STRENGTHS

- Submissions
- Conditioning
- Wrestling

Jim Miller is a dangerous lightweight contender with good speed and power in his strikes, coupled with a strong clinch and dominant submission grappling game.

Use Miller's big double leg takedown to bring his opponents to the ground, where he can work for high-level leg locks just by posturing up in Open Guard.

Use his great speed on the feet to set up his excellent takedowns, or perform big throws from the clinch to bring his opponents to the mat with less risk of being countered and caught up in sprawls.

Attack with submissions from the top and bottom with Miller, whose expert submission grappling gives him the ability to end fights at any moment with a sudden and unexpected sub.

WEAKNESSES

- Footwork
- Kick defense
- Standing strike damage

Miller's striking speed can give his opponents trouble if they stand before him, but his poor footwork allows highly mobile strikers to outmaneuver him in the stand-up battle.

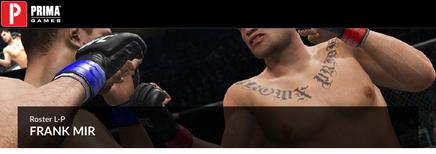
Land big strikes from the outside and quickly dart back out of his countering range each time after you land.

Punish his legs with kicks from afar to slow him even further and make him an even easier target for your kicks on the feet.

Avoid the grappling game against this dangerous submission artist and keep the fight standing with superior footwork and takedown defense.

Attack in conservative bursts of offense and always remain ready to sprawl against Miller's powerful shots.

It's wise to avoid entering the clinch as well, because Miller has good control there, and his strikes can land with even greater impact than they do on the feet.



Roster L-P

FRANK MIR

Video is restricted

NICKNAME: N/A
WEIGHT CLASSES: Heavyweight

AGE: 32
HEIGHT: 6'3"
REACH: 76.5"
STANCE: Southpaw and Switch
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	86
Speed	73
Cardio	72
Footwork	77

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	78
Clinch Striking	75
Ground Striking	76
Clinch Grapple	72
Takedown	74
Ground Top Grapple	81
Ground Bottom Grapple	88
Submission	87

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	78
Clinch Striking	71
Ground Striking	79
Clinch Grapple	75
Takedown	74
Ground Top Grapple	80
Ground Bottom Grapple	88
Submission	86

ULTIMATE TECHNIQUES

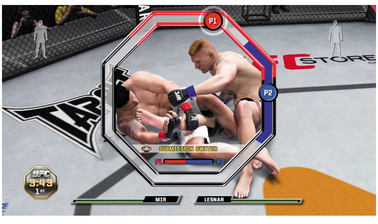
RIGHT/LEFT GUARDED HOOK

Level 2—Both Standing, Striking Range

Mir famously dropped Antonio Nogueira with his surprisingly improved boxing back at UFC 92. Use these excellent technique strikes to land hard shots on the opponent during the stand-up exchange.

DIRECT CATCH TO KNEEBAR

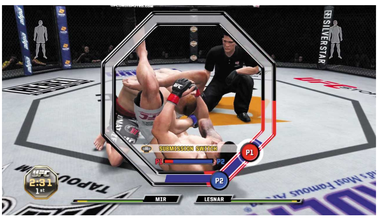
Level 3—Open Guard, Top



Mir has nasty leg locks, including a powerful kneebar that's available in Open Guard or Half Guard. He can switch this into an equally dangerous toe-hold submission if the kneebar isn't going to work.

DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard Clinch, Bottom



Mir can work for dangerous submissions off his back as well, including this tight triangle. Look to switch this into an even tighter armbar if the opponent is about to slip free.

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Boxing
- Champion experience

Former UFC heavyweight champion Frank Mir is a dangerous jiu-jitsu black belt with incredible strength and elite-level skills on the ground with his dominant grappling and submission games.

Mir has also worked at developing his boxing technique over the course of his long career with the UFC.

Use his powerful and technical boxing skill to draw the opponent into the striking battle, then duck under with a powerful takedown to bring the fight into his world.

Mir is a very strong submission grappler with excellent control and subs on the ground—his excellent leg locks are his go-to subs because they're available from the easy-to-reach Open Guard and Half Guard positions.

He's also excellent at fighting off of his back—if his standing takedowns aren't working, try clinching with the opponent and pulling him into Open Guard instead.

Bring the fight to the ground in this fashion to set up Mir's dangerous triangles and kimuras from the bottom.

WEAKNESSES

- Speed
- Cardio
- Clinch game

Mir is a terror to roll with on the ground, so don't fight him in his element. Remain elusive on the feet and outstrike him with superior speed and timing.

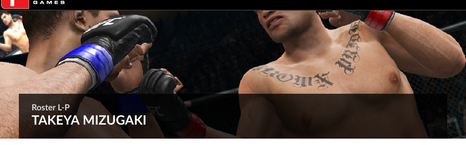
He has heavy hands and can throw some powerful and technical hooks, so don't get caught exchanging with him for long.

Keep your distance and pick him apart with long, fast strikes and counters, and remain ready to defend against his takedowns at all times.

Mir's clinch game has given him trouble in the past, but the closeness of the position makes it risky to employ against him for all but the most skilled dirty boxers and Muay Thai specialists.

Avoid the clinch if that's not you, because he's good at pulling guard and bringing you into his dangerous submission grappling game even from neutral clinch positions such as the Single Collar Tie.

Keep the fight on the feet and work Mir over in the stand-up battle with superior striking speed and footwork.



Roster L-P

TAKEYA MIZUGAKI

NICKNAME: N/A
WEIGHT CLASSES: Bantamweight
AGE: 27
HEIGHT: 5'7"
REACH: 69.5"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	83
Cardio	76
Footwork	81

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	71
Clinch Striking	77
Ground Striking	83
Clinch Grapple	81
Takedown	78
Ground Top Grapple	76
Ground Bottom Grapple	77
Submission	74

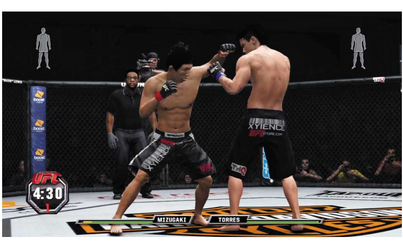
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	75
Clinch Striking	75
Ground Striking	74
Clinch Grapple	80
Takedown	80
Ground Top Grapple	74
Ground Bottom Grapple	78
Submission	75

ULTIMATE TECHNIQUES

DUCKING LEFT/RIGHT HOOK

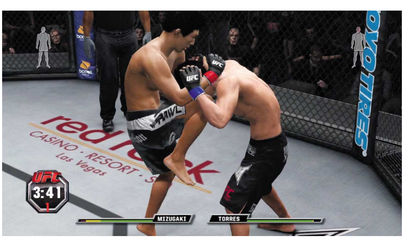
Level 2—Both Standing, Striking Range



Mizugaki can rock his rivals on the feet with these big ducking hooks. Put his speed, strength, and striking power together and unleash these excellent technique strikes to batter adversaries in the stand-up.

LEFT/RIGHT KNEE

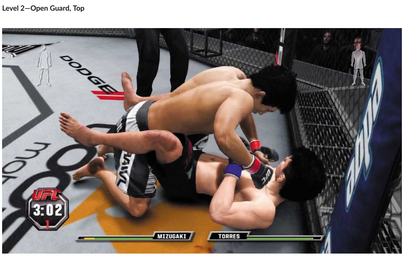
Level 1—Muay Thai Clinch, Offense



Mizugaki has good control and striking power in the clinch. Grab the opponent in the Muay Thai position and crack him with these hard technique knees, which become even stronger against the cage.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top



Mizugaki's ground-and-pound is even more impressive than his clinch striking ability. Test his opponents' ground defense by shooting in unexpectedly and smashing them from Open Guard, Half Guard, or Mount.

STRENGTHS

- Striking
- Heart
- Solid chin

Takeya Mizugaki is a fast and powerful boxer who overwhelms his opponents on the feet with his impressive technical striking, good footwork, and knockout power.

Mizugaki is a strong, durable bantamweight with good takedown defense, so try getting inside and mixing things up to pressure his opponents with blistering boxing combinations.

Even if the opponent scores a takedown, he's tough to hold down and good at working his way back up to his feet.

He's also dominant in the clinch, with excellent control and powerful Muay Thai technique strikes, such as heavy knees.

Use the clinch to control opponents who have a weakness there—outbox them on the feet otherwise, looking for chances to shoot in and work some punishing groundand- pound.

WEAKNESSES

- Cardio
- Kicks
- Submissions

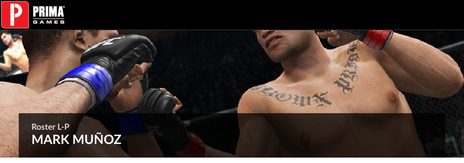
Mizugaki is a quick and strong boxer, but he lacks kicking skill, which limits his options in the striking game.

Kickboxers may be able to outstrike him from the outside, using hard leg kicks to slow him down so he can be targeted with combinations more effectively.

He's a strong grappler with good control and striking ability in the clinch and on the ground, so it's tough to dominate him in any one area.

Fight to your fighter's strengths and try to impose your game plan against this well-rounded bantamweight.

Expect to fight into later rounds against him, and try to land body shots to wear him down and attack his lackluster stamina, which makes this dangerous bantamweight easier to handle.



Roster L-P

MARK MUÑOZ

NICKNAME: The Filipino Wrecking Machine

WEIGHT CLASSES: Middleweight

AGE: 33
HEIGHT: 6'0"
REACH: 71"
STANCE: Orthodox and Switch
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	77
Cardio	83
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	70
Clinch Striking	82
Ground Striking	90
Clinch Grapple	85
Takedown	85
Ground Top Grapple	78
Ground Bottom Grapple	77
Submission	63

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	75
Clinch Striking	80
Ground Striking	83
Clinch Grapple	87
Takedown	84
Ground Top Grapple	77
Ground Bottom Grapple	74
Submission	77

ULTIMATE TECHNIQUES

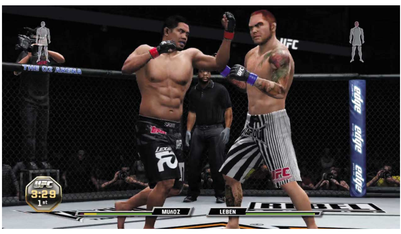
LEFT/RIGHT OVER HOOK

Level 2—Both Standing, Striking Range

Muñoz can batter his adversaries on the feet with these heavy hooks, which he throws with tremendous force. Pound rivals with these strong technique strikes to inflict maximum damage.

STRONG LEFT/RIGHT UPPERCUT

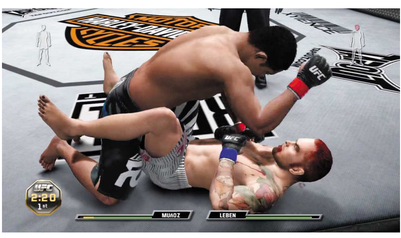
Level 2—Muay Thai Clinch Cage, Offense



Muñoz's clinch grappling is one of his strongest talents—smash his opponents against the cage and then work them over with these crushing uppercuts.

LEFT/RIGHT HAMMER FIST

Level 2—Open Guard, Top



"The Filipino Wrecking Machine" does his best work when he's on top and hurling massive bombs down at his opponent from Open Guard, Half Guard, or Mount. Pulverize rivals with these brutal blows.

STRENGTHS

- Improved striking
- Ground-and-pound
- Former NCAA champion

"The Filipino Wrecking Machine," Mark Muñoz, is a rising UFC middleweight contender with knockout power in his hands and superior grappling skills.

Most known for his overwhelming ground-and-pound, Muñoz uses his powerful standing strikes conservatively as he looks to move into the clinch or set up a diving takedown that plants his opponent on the mat.

Either way, his goal is to bring his opponent into the grappling game, where he can use his great strength and tremendous ground-and-pound to deliver crushing hammer fists from the top.

Muñoz is also strong in the clinch, both at controlling and striking in the position, and at using the clinch to bring his rivals to the ground with powerful trips and throws.

Take advantage of his strong grappling ability and make use of his heavy hands at every chance to punish his opponents with his unstoppable striking onslaught.

WEAKNESSES

- Footwork
- Kicks
- Submissions

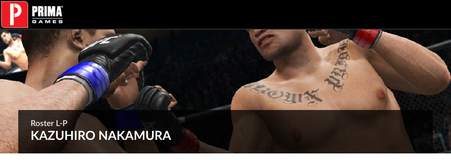
Muñoz is a dangerous takedown artist with heavy hands, but his lack of speed and poor footwork can be exploited by experienced striking specialists.

He has poor kicking ability as well, so try to capitalize on this weakness by landing heavy leg kicks from the outside.

Mix in head kicks if he is trying to counter grapple, punishing him with other long, quick strikes and then quickly moving out of his countering range.

Don't clinch or grapple with Muñoz—he's too dangerous in these areas of the fight game, and he's most vulnerable to being rocked by standing strikes.

Use strong takedown defense to keep the fight standing, and be conservative with your striking game to maintain the ability to defend against his powerful takedowns and grappling game.



Roster L-P

KAZUHIRO NAKAMURA

NICKNAME: N/A
WEIGHT CLASSES: Light Heavyweight (PRIDE)
AGE: 28
HEIGHT: 5'11"
REACH: 70"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	70
Speed	77
Cardio	78
Footwork	72

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	71
Clinch Striking	73
Ground Striking	76
Clinch Grapple	77
Takedown	79
Ground Top Grapple	82
Ground Bottom Grapple	66
Submission	73

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	68
Clinch Striking	75
Ground Striking	74
Clinch Grapple	78
Takedown	79
Ground Top Grapple	80
Ground Bottom Grapple	68
Submission	75

ULTIMATE TECHNIQUES

DUCKING RIGHT/LEFT HOOK

Level 1—Both Standing, Striking Range

Though he's primarily a submission grappler, Nakamura can uncork some potent hooks in the striking game, catching his opponents off guard and stinging them in the stand-up battle.

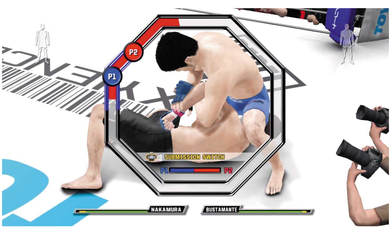
SWEEP TRANSITION TO OPEN GUARD CLINCH, TOP

Level 1—Mount, Bottom

Elite-level light heavyweight grapplers might be able to pass Nakamura's guard. Fortunately, he can perform sweeps from both Half Guard and Mount that land him on top instead.

DIRECT CATCH TO KIMURA FROM SIDE CONTROL

Level 3—Side Control, Top



Use Nakamura's excellent takedowns and top grappling skill to pass to Side Control, then lock in this awesome kimura without posturing up. He can also switch to an armbar if the opponent starts to slip free.

STRENGTHS

- Takedowns
- Heart
- Judo

Kazuhiro Nakamura is a skilled judo and submission grappler with excellent control from the top while fighting on the ground.

His striking isn't particularly good, but use his effective technique hooks on the feet to give the opponent something to worry about besides his powerful takedown attempts.

He can also handle himself in the clinch, using the position to score throws that can help him land in dominant position on the ground.

Move to Side Control to attempt one of his most powerful kimuras without posturing up.

If he isn't too exhausted, Nakamura can also switch this Side Control kimura into a tight armbar if the opponent is about to slip free of the initial sub.

Use his strong grappling ability to get the fight to the ground, then hammer his unfortunate opponent with strikes from the top, working to set up his excellent kimura from Side Control.

WEAKNESSES

- Strength
- Footwork
- Ground bottom grappling

Nakamura is a dangerous grappler and submission artist on the ground, but he lacks striking speed and power on the feet.

Punish him with kicks from the outside, working over his legs and body to slow him down even more.

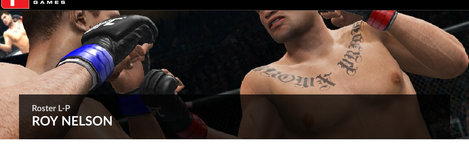
Keep him standing to prevent him from utilizing his strong grappling ability to hold you down and grind out a grappler's victory.

He's especially vulnerable to kicks, so work over his legs and body to reduce his already sluggish movement speed and interrupt his basic striking combos.

Favor quick strikes to avoid giving up the takedown, and be conservative with your stand-up offense to remain defensive against his strong grappling game.

Be sure to avoid the Side Control position when he gets you on the mat, because his best subs are kimuras from there.

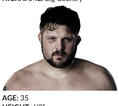
Fight to improve your position and explode back up to your feet each time he takes you down.



Roster L-P

ROY NELSON

NICKNAME: Big Country



WEIGHT CLASSES: Heavyweight
AGE: 35
HEIGHT: 6'0"
REACH: 73"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	79
Speed	69
Cardio	78
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	62
Clinch Striking	75
Ground Striking	81
Clinch Grapple	74
Takedown	78
Ground Top Grapple	82
Ground Bottom Grapple	78
Submission	70

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	69
Clinch Striking	70
Ground Striking	75
Clinch Grapple	73
Takedown	62
Ground Top Grapple	88
Ground Bottom Grapple	80
Submission	84

ULTIMATE TECHNIQUES

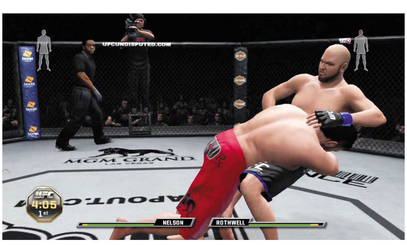
HENDO'S RIGHT LONG STRAIGHT

Level 2—Both Standing, Striking Range

"Big Country" takes a page out of legendary UFC fighter Dan "Hendo" Henderson's book by mimicking his heavy right straight. Crack rivals from afar with this excellent technique strike.

SHOOT TO SINGLE LEG TAKEDOWN

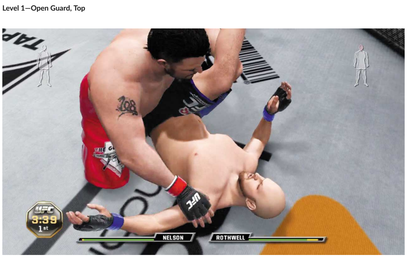
Level 3—Double Underhook, Offense



Nelson's takedowns become even more effective when he attempts them from the clinch. He also knows plenty of clinch throws, such as suplexes, but this reliable single leg is available in many different clinches.

TRANSITION TO SIDE CONTROL, TOP

Level 1—Open Guard, Top



Use this handy technique to move Nelson from his opponent's Open Guard all the way to Side Control, skipping past Half Guard entirely. Now he can move to Mount and deliver some of his brutal ground-and-pound.

STRENGTHS

- Well rounded
- World-class experience
- Knockout power

Roy "Big Country" Nelson is a big, strong heavyweight with a long MMA career and several memorable showdowns inside the Octagon.

Known for his striking power and durability, as well as his crushing top game when grappling on the ground, "Big Country" uses his size to his utmost advantage in every position during a fight.

He's not a great kicker, but he can throw his heavy hands with impressive range and accuracy, hammering his rivals with long, strong shots on the feet.

Nelson also has good takedown ability and can drive his rivals to the mat even more effectively from the clinch.

He's a bear on top when the action hits the ground—shoot to bring his opponents down, then use his superior grappling ability to pass to dominant position, where his heavy ground-and-pound can be most effective.

WEAKNESSES

- Speed
- Kicks
- Takedown defense

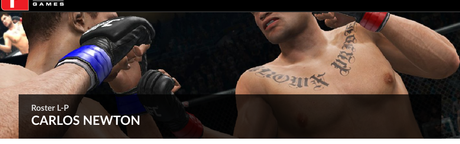
Though Nelson hits hard on the feet, his top grappling game is his greatest strength in a fight—avoid his takedowns by remaining wary of them at all times and ready to sprawl to stuff his shots.

Respect his punching power and exploit his lack of kicking ability by working him over with sharp leg kicks and body kicks from the outside.

Mix in quick, long punches as well to keep him guessing, and use feints to make him react if he's looking to counter.

Outmaneuver the lumbering Nelson on the feet to exploit his greatest weakness, and try to catch him with quick strikes in the stand-up exchanges.

Don't give him the chance to impose his dominant ground grappling game or you may be in for a long and grueling night.



Roster L-P
CARLOS NEWTON

NICKNAME: The Ronin
WEIGHT CLASSES: Welterweight (PRIDE)
AGE: 30
HEIGHT: 5'9"
REACH: 70"
STANCE: Orthodox and Switch
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	86
Cardio	85
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	76
Clinch Striking	74
Ground Striking	74
Clinch Grapple	76
Takedown	79
Ground Top Grapple	83
Ground Bottom Grapple	80
Submission	82

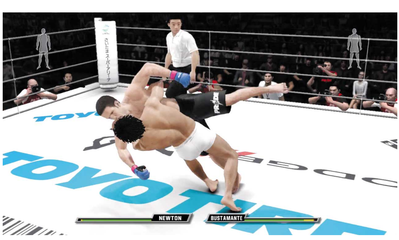
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	79
Clinch Striking	77
Ground Striking	77
Clinch Grapple	79
Takedown	81
Ground Top Grapple	82
Ground Bottom Grapple	81
Submission	84

ULTIMATE TECHNIQUES

SUPLEX TO SIDE CONTROL, TOP

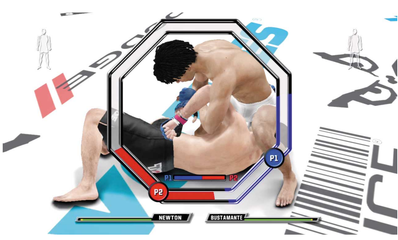
Level 2—Double Underhook, Offense



When his standing takedowns are being stuffed or countered, try locking up and scoring this big suplex in the Double Underhook clinch. This lands "The Ronin" in position to work for a powerful kimura.

KIMURA FROM SIDE CONTROL, TOP

Level 3—Side Control, Top



Score a throw from the clinch or simply transition to Side Control on the ground after a normal takedown to move Newton into position to lock in one of his most powerful submissions from the top.

DIRECT CATCH TO OMOPLATA

Level 2—Open Guard Clinch, Bottom

Carlos is a dangerous grappler in nearly any position—keep his opponents from becoming too comfortable on the ground by attacking them from the bottom with this strong technique sub.

STRENGTHS

- Submissions
- Grappling
- World-class experience

Carlos "The Ronin" Newton is a dangerous submission grappler from the early days of the sport who participated in legendary battles against world-class opponents such as Matt Hughes.

"The Ronin" is known for his explosive speed and movement on the feet, along with his dominant takedowns and ground grappling ability.

Punish his rivals with his speed on the feet, then look to bring them to the mat and work his powerful top game.

Pass to Side Control and work for brutal kimuras that are best performed without posturing up into sub position.

He is fast and always comes to each fight in great shape, so be aggressive and outwork his opponents, wearing them down with a constant offense.

Keep looking to bring the fight to the floor and control it each time you get there. Dominate rivals with his superior wrestling ability and finish them off with forceful subs.

WEAKNESSES

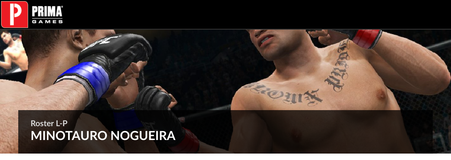
- Strength
- Striking power
- Clinch grappling

"The Ronin" was a very dangerous fighter in his prime, and few of his rivals succeeded in finding flaws in his game.

Though a skilled tactician, Newton is not the strongest welterweight around, and his strikes lack the kind of knockout power that's wielded by others in his division.

He's fast and durable, however, so fighting him on the feet can be challenging—try exploiting his lack of strength in the clinch position instead, backing him toward the fence with hard strikes and aggressive clinch attempts, and looking to press him into the cage to add even more power to your clinch knees and uppercuts.

He's far from easy to control in the clinch, however, so focus on maintaining position as you use the clinch to diminish his speed advantages while scoring damage where and when you can.



Roster L-P

MINOTAURO NOGUEIRA

NICKNAME: Minotauro
WEIGHT CLASSES: Heavyweight
AGE: 35
HEIGHT: 6'3"
REACH: 77"
STANCE: Orthodox
OVERALL RATING HW: 88
OVERALL RATING HW (PRIDE): 91

ATTRIBUTES

ATTRIBUTE	HW RATING	HW (PRIDE) RATING
Strength	76	80
Speed	75	79
Cardio	83	85
Footwork	83	81

OFFENSIVE SKILLS

SKILL	HW RATING	HW (PRIDE) RATING
Standing Strikes	76	83
Standing Kicks	65	65
Clinch Striking	71	74
Ground Striking	71	79
Clinch Grapple	86	88
Takedown	76	80
Ground Top Grapple	82	86
Ground Bottom Grapple	89	90
Submission	87	87

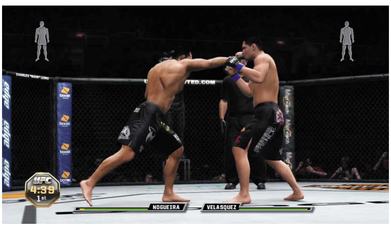
DEFENSIVE SKILLS

SKILL	HW RATING	HW (PRIDE) RATING
Standing Strikes	73	79
Standing Kicks	73	73
Clinch Striking	79	79
Ground Striking	73	74
Clinch Grapple	75	82
Takedown	73	74
Ground Top Grapple	86	90
Ground Bottom Grapple	89	91
Submission	90	90

ULTIMATE TECHNIQUES

SANTOS' RIGHT STRAIGHT

Level 2—Both Standing, Striking Range



Minotauro takes a page out of his teammate's book by throwing a heavy right straight that's very similar to the one wielded by Junior dos Santos. Rock rivals with this heavy right hand.

PULL GUARD TO OPEN GUARD CLINCH, BOTTOM

Level 3—Single Collar Tie

When Nogueira's rivals are countering his takedowns on the feet, try getting inside and grabbing them up in the Single Collar Tie clinch, then quickly pull guard to drag them into his world of ground grappling.

DIRECT CATCH TO OMOPLATA

Level 3—Open Guard Clinch, Bottom

Minotauro can attack with lethal submissions from the top or bottom. This high-level sub is easy to attempt from the Open Guard Clinch, and he can also switch to an armbar if this sub is about to fail.

STRENGTHS

- Heart
- Brazilian Jiu-Jitsu black belt
- Boxing

Antonio "Minotauro" Nogueira is a dangerous submission grappler with decent boxing skills.

Be defensive with Nogueira on the feet to avoid getting rocked on your way into the clinch, or as you work at timing a takedown while the opponent is off-balance and unprepared to defend himself.

Keep your guard up at all times, but be aggressive with footwork and cut the opponent off on the feet as you struggle to close in and grapple.

Minotauro has dominant control both in the clinch and on the ground, and his submissions are among the best in the heavyweight division.

Strive to bring his opponents to the mat so you can work his dominant ground grappling game.

Pass to dominant position and attack with his extremely powerful submissions, and look to switch from one sub to the next to give him even more time to force the tap.

WEAKNESSES

- Strength
- Kicks
- Strike defense

Nogueira is a dominant submission grappler, but his stand-up game has certain holes that his opponents have begun to exploit.

Though he has decent footwork, Minotauro has relatively slow strikes and limited striking techniques on the feet.

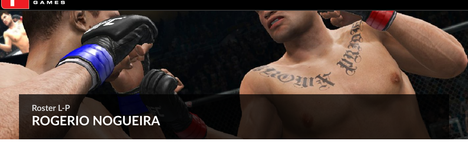
Swift kickboxers can find success against him, landing quick and hard strikes from the outside without giving him the chance to counter.

He has poor kicking ability himself, and he's vulnerable to kicks as well—try attacking his legs to take the spring out of his step and make him easier to outmaneuver.

Don't let him close in and grapple with you, or you'll find it difficult to escape his grasp.

Nogueira has excellent submission ability from both the top and bottom, so strive to block his submission and transition attempts whenever he catches you up in his grappling game.

Be patient and defensive on bottom, and look for a chance to improve your position and escape back up to the stand-up battle.



Roster L-P

ROGERIO NOGUEIRA

NICKNAME: Little Nog
WEIGHT CLASSES: Light Heavyweight
AGE: 35
HEIGHT: 6'2"
REACH: 75"
STANCE: Southpaw
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	75
Cardio	84
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	87
Standing Kicks	73
Clinch Striking	82
Ground Striking	81
Clinch Grapple	75
Takedown	70
Ground Top Grapple	80
Ground Bottom Grapple	80
Submission	81

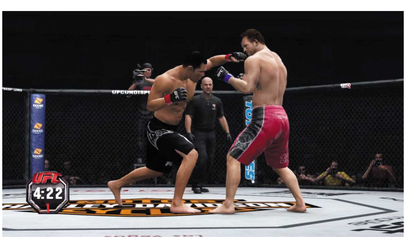
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	77
Clinch Striking	84
Ground Striking	83
Clinch Grapple	77
Takedown	73
Ground Top Grapple	74
Ground Bottom Grapple	80
Submission	82

ULTIMATE TECHNIQUES

DUCKING LEFT HOOK

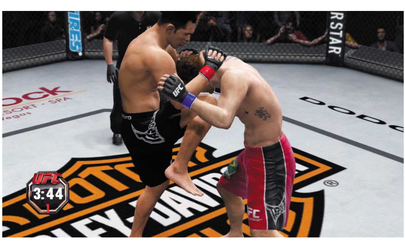
Level 2—Both Standing, Striking Range



This may be Nogueira's only standing technique strike, but at least it's a good one. Duck and hurl this heavy left to rock his opponents with an elusive power shot.

LEFT/RIGHT KNEE

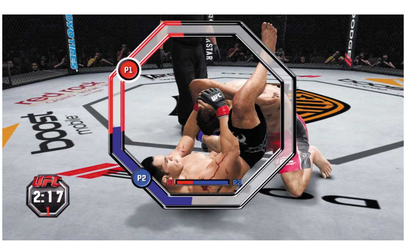
Level 2—Muay Thai Clinch, Offense



Bring some pain with "Little Nog's" big knees in the Muay Thai Clinch. He can throw heavy uppercuts in this position as well.

DIRECT CATCH TO TRIANGLE CHOKE

Level 3—Open Guard Clinch, Bottom



When Nogueira's foes have tasted enough of his fists, they may decide to take him to the ground. Surprise them with this lethal triangle off of his back.

STRENGTHS

- Boxing
- Knockout power
- Brazilian *Jiu-Jitsu* black belt

Rogerio Nogueira ("Little Nog") is a dangerous UFC light heavyweight fighter with strong boxing and excellent submission grappling skills.

He is the twin brother of Antonio "Minotauro" Nogueira, who fights at heavyweight.

Use "Little Nog's" heavy left hand to crack his opponents on the feet, potentially rocking them with his knockout power.

Push the action without fear of the takedown—he's even more dangerous on the ground, especially when fighting off of his back.

Each time the opponent takes you down, threaten him with deadly triangles from the Open Guard Clinch and powerful kimuras from Half Guard.

Or use one of Little Nog's many sweeps from the bottom and flip the opponent over to gain top position yourself.

WEAKNESSES

- Speed
- Kicks
- Takedowns

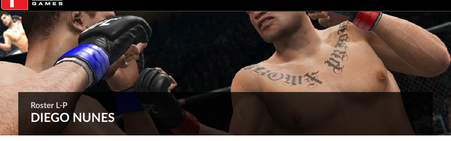
"Little Nog" is a dangerous submission grappler, so it's best to avoid his ground game and challenge him in the stand-up instead.

Nogueira lacks speed in his combos, so try beating him to the punch on the feet while remaining elusive and kickboxing against him from outside of his countering range.

He isn't skilled at throwing kicks, allowing gifted kickboxers with speed in their strikes to really give him some problems.

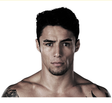
Land lots of leg kicks to slow down "Little Nog" and drain some of the power from his takedowns.

He struggles to bring the action to the mat, so keep the fight on the feet to prevent him from imposing his most effective offense.



Roster L-P

DIEGO NUNES



NICKNAME: The Gun
WEIGHT CLASSES: Featherweight
AGE: 28
HEIGHT: 5'6"
REACH: 67"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	76
Speed	82
Cardio	85
Footwork	83

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	81
Clinch Striking	74
Ground Striking	75
Clinch Grapple	70
Takedown	74
Ground Top Grapple	73
Ground Bottom Grapple	72
Submission	72

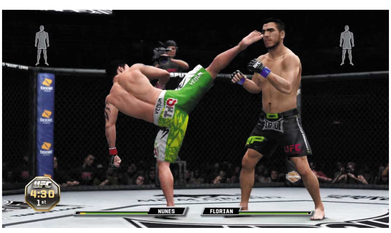
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	84
Clinch Striking	76
Ground Striking	77
Clinch Grapple	73
Takedown	75
Ground Top Grapple	75
Ground Bottom Grapple	75
Submission	80

ULTIMATE TECHNIQUES

RIGHT BACK KICK

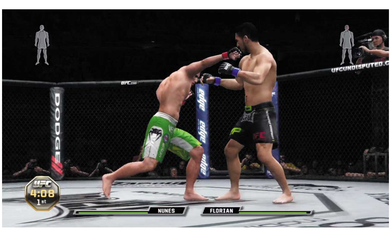
Level 2—Both Standing, Striking Range



Nunes is a skilled kickboxer—unleash this unusual kick to crack rivals from afar with a strong yet unorthodox technique strike to the head.

RIGHT LONG STRAIGHT

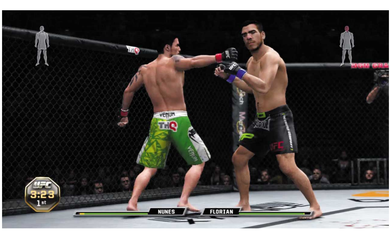
Level 2—Both Standing, Striking Range



Nunes's hands are also very effective weapons, especially when he throws this long right hand. Lash out with this quick, rangy straight to clip opponents from range.

RIGHT SPINNING BACK FIST

Level 2—Both Standing, Striking Range



opponents off guard with its long reach and unusual timing. Sneak in this powerful technique strike to rock Nunes's rivals with some unexpected offense.

STRENGTHS

- Striking
- Heart
- Conditioning

Diego "The Gun" Nunes is a competitive UFC featherweight with a strong stand-up game and the ability to fight hard from bell to bell without becoming exhausted.

Use his explosive athleticism and deep gas tank to pressure his opponents throughout each fight, stalking them with his crisp and powerful kickboxing technique.

Land plenty of fast leg kicks to slow his opponents and make matters easier for "The Gun" on the feet.

Mix things up by throwing plenty of heavy right hands as well, angling to rock Nunes's rival with an unexpected hook, head kick, or straight.

He has a decent all-around grappling game, but his best place to be in any fight is exchanging on the feet with his fast hands and explosive kickboxing.

Trust in his conditioning and strong chin, and be aggressive as you wade forward, chasing after the knockout.

Hold back with him only when you're fighting a dangerous grappler whose takedowns are worthy of concern.

WEAKNESSES

- Strength
- Clinch grappling
- Submissions

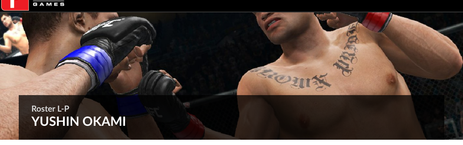
"The Gun" is a fast and powerful kickboxer with a well-rounded striking game, but his grappling abilities fall short of those of many of his peers in the UFC featherweight division.

Exploit his lack of clinch grappling prowess and muscle Nunes around in the Muay Thai Clinch, working him over with brutal uppercuts, elbows, or knees.

He is vulnerable in the clinch and somewhat easy for Muay Thai experts to control, so use this grappling position to your advantage if you're able.

Otherwise, try to take him to the ground and pound him out from the top—either option limits his offensive options.

Nunes has strong submission defense, so don't try securing a sub without first wearing him down with multiple body shots from the top. He can be tough to handle even while he's struggling on bottom, but it's preferable to facing off against his great speed and striking technique on the feet.



Roster L-P

YUSHIN OKAMI

NICKNAME: Thunder
WEIGHT CLASSES: Middleweight
AGE: 30
HEIGHT: 6'2"
REACH: 72"
STANCE: Southpaw
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	74
Cardio	79
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	68
Clinch Striking	78
Ground Striking	83
Clinch Grapple	82
Takedown	81
Ground Top Grapple	77
Ground Bottom Grapple	74
Submission	70

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	77
Clinch Striking	83
Ground Striking	75
Clinch Grapple	80
Takedown	84
Ground Top Grapple	73
Ground Bottom Grapple	77
Submission	80

ULTIMATE TECHNIQUES

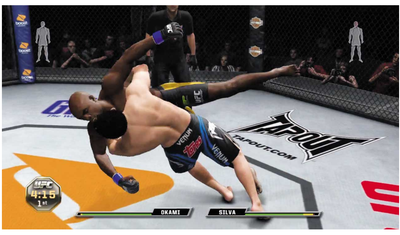
LEFT LONG STRAIGHT

Level 2—Both Standing, Striking Range

Okami packs a pretty good punch when he lands clean with this long, heavy straight. Land this heavy punch a few times to rock his rival, even when exchanging from the outside.

SUPLEX TO SIDE CONTROL, TOP

Level 2—Double Underhook, Offense



"Thunder" is at his best when working his opponent over in the clinch or using the Double Underhook position to secure technical suplexes that land him in dominant Side Control on the ground.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top

Posture up and deploy these big bombs of Okami's from the Open Guard, Half Guard, or Mount position. Thunder does his best damage when landing these heavy technique hooks from the full Mount.

STRENGTHS

- Ground-and-pound
- Strength
- Conditioning

Yushin "Thunder" Okami is a big, powerful middleweight with good takedown ability and ground-and-pound.

Okami's striking isn't quite as developed as his grappling game, but he has demonstrated the ability to apply steady pressure from the outside and land a long left straight that can eventually become a difference maker in a close-fought stand-up battle.

In truth, however, his stand-up game is best used as a means of setting up his takedowns and clinch attempts.

Strike hard and from relative safety from the outside until the opponent becomes frustrated and starts pressing forward, then step in and clinch up, or duck under for the short takedown when the time is right.

Control the opponent with his strength and grappling prowess in the clinch or on the ground, landing hard strikes from either position to steadily batter his rival until you secure the TKO victory.

WEAKNESSES

- Speed
- Kicks
- Submissions

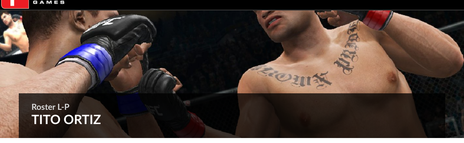
Though strong for his division, Okami is a slow middleweight fighter whose poor footwork and lack of striking speed can get him into trouble when he tries to compete in the stand-up battle.

Try to draw "Thunder" into striking exchanges to punish him with quick strike combos and sting him on the feet.

Remain elusive and work at landing numerous leg kicks from the outside as well to slow him down and set him up for more effective striking barrages.

Don't let him clinch up or take you down—his grappling game is too powerful to risk fighting him in the clinch or on the ground.

Try to keep him on his feet by maintaining your distance instead, and bloody him up with lightningfast strikes and long kicks from the outside, well out of his countering range.



Roster L-P

TITO ORTIZ

NICKNAME: The Huntington Beach Bad Boy

WEIGHT CLASSES: Light Heavyweight

AGE: 36
HEIGHT: 6'2"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	70
Cardio	82
Footwork	72

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	72
Clinch Striking	73
Ground Striking	82
Clinch Grapple	78
Takedown	80
Ground Top Grapple	79
Ground Bottom Grapple	76
Submission	59

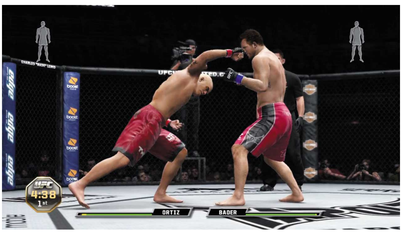
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	75
Clinch Striking	72
Ground Striking	73
Clinch Grapple	76
Takedown	75
Ground Top Grapple	66
Ground Bottom Grapple	70
Submission	73

ULTIMATE TECHNIQUES

OVERHAND RIGHT

Level 2—Both Standing, Striking Range



Ortiz throws this crushing right hook with great speed, and the manner in which he lowers his posture while throwing the blow makes him difficult to catch and counter during the strike.

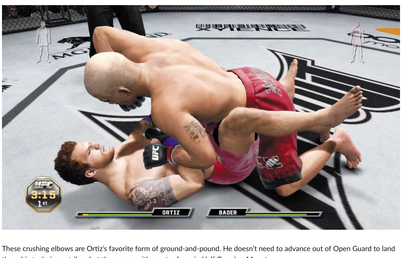
LEFT/RIGHT STOMACH KNEE

Level 2—Double Underhook Cage, Offense

Buckle opponents with these hard clinch knees against the cage. Ortiz has decent control in the clinch, so score with these big knees whenever you want to slow down and work over an elusive striker.

LEFT/RIGHT ELBOW

Level 3—Open Guard, Top



These crushing elbows are Ortiz's favorite form of ground-and-pound. He doesn't need to advance out of Open Guard to land these big technique strikes, but they come with greater force in Half Guard or Mount.

STRENGTHS

- Wrestling
- Conditioning
- Ground-and-pound

"The Huntington Beach Bad Boy," Tito Ortiz, has had a long and storied career inside the Octagon, having fought and risen to the rank of champion in the UFC light heavyweight division.

Ortiz calls upon his strong wrestling background to bring his opponents to the ground with his dominant takedowns and strong clinch grappling.

Once he brings his adversaries to the mat, he wastes little time in working them over with brutal ground-and-pound.

His favorite strikes from the top include heavy elbows that he postures up to bring down with tremendous force from Open Guard, Half Guard, and Mount.

Use his strong takedowns and ground grappling ability to force his opponents to the floor, then posture up and brutalize them with heavy elbows from the top.

Just keep dishing out the punishment with Ortiz's dominant ground-and-pound until you lock in the TKO win.

WEAKNESSES

- Speed
- Footwork
- Submissions

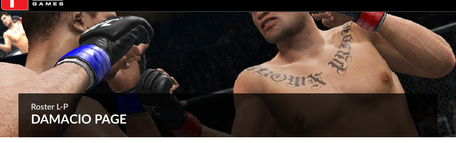
Ortiz's ground-and-pound is not something you want to deal with, but his poor footwork and general lack of speed on the feet make it difficult for "The Huntington Beach Bad Boy" to secure the takedown.

Stay mobile when fighting against him and don't allow him to close within clinching distance if you can help it.

Score with quick combinations from the outside to keep him at bay and unable to clinch up or take you down.

Shut down his grappling game to nullify his strongest brand of offense as you pick him apart on the feet with superior footwork that sets up blistering strike combinations.

He is unskilled at securing submissions, so anticipate and block his heavy elbows from the top as you work at improving and escaping from the bottom whenever he succeeds in dragging you to the mat.



Roster L-P

DAMACIO PAGE

NICKNAME: The Angel of Death
WEIGHT CLASSES: Bantamweight
AGE: 29
HEIGHT: 5'6"
REACH: 66"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	86
Cardio	74
Footwork	81

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	75
Clinch Striking	79
Ground Striking	74
Clinch Grapple	79
Takedown	75
Ground Top Grapple	74
Ground Bottom Grapple	74
Submission	81

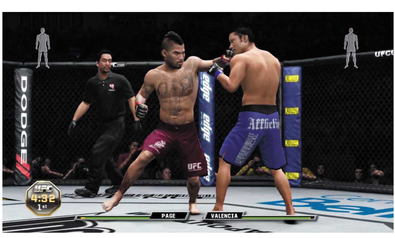
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	75
Clinch Striking	75
Ground Striking	75
Clinch Grapple	80
Takedown	77
Ground Top Grapple	72
Ground Bottom Grapple	75
Submission	73

ULTIMATE TECHNIQUES

RIGHT/LEFT OVER HOOK

Level 2—Both Standing, Striking Range



Page packs some serious power in his punches, particularly these punishing hooks. Smash rivals with his heavy hands by rocking them repeatedly with these excellent technique strikes.

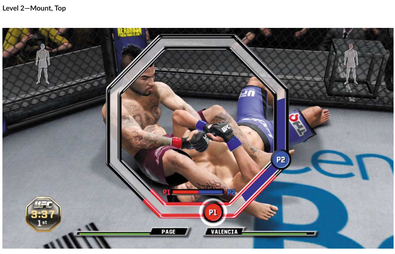
JUDO HIP THROW TO SIDE CONTROL, TOP

Level 2—Double Underhook, Defense

Page can throw his opponents to the ground even when they have the upper hand in the Double Underhook clinch. Surprise rivals with this sudden throw after they initiate the clinch battle.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 2—Mount, Top



He is a skilled submission practitioner, but he must move into dominant ground position to access his most effective subs. This armbar is one of his best, and it's also available in North/South.

STRENGTHS

- Aggressive style
- Striking
- Knockout power

Damacio Page, "The Angel of Death," is a dangerous bantamweight brawler with big punching power and a strong submission game.

Press the action with Page and try to score a hard shot on the feet with his quick, heavy hands.

Rock rivals in the stand-up battle if you can, or expose their flawed clinch game by locking up to work them over in the Muay Thai Clinch.

He can also score trips and throws from many other clinch positions, and these are among his best ways of bringing the fight to the ground.

Once the action hits the mat, he can impose his powerful submission grappling offense—pass to dominant position such as North/South or Mount, then move to sub position and lock in a tight armbar from the top.

He also has effective chokes from the back—score a trip from the Back Clinch to advance to Side Control. Back, where he can go for a tight choke from behind.

WEAKNESSES

- Cardio
- Kicks
- Ground grappling

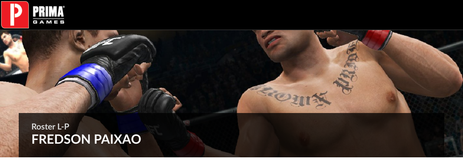
Page is a dangerous boxer on the feet, but his lack of kicking ability makes him fairly one-dimensional and vulnerable to being picked apart by skilled kickboxers from outside of his countering range.

If you don't trust in your elusive kickboxing skills, try bringing him to the ground instead with a well-timed takedown.

Page is strong in the clinch, so go for short takedowns on the feet instead of clinch throws from positions such as Double Underhook.

He is also vulnerable to being held down and outwrestled on the ground, so try to work for this style of game plan and don't allow him the chance to utilize his swift striking on the feet.

Control him from the top to keep him away from his strongest areas of the fight game.



Roster L-P

FREDSON PAIXAO

NICKNAME: N/A
WEIGHT CLASSES: Featherweight
AGE: 32
HEIGHT: 5'6"
REACH: 66"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	77
Cardio	76
Footwork	70

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	70
Standing Kicks	71
Clinch Striking	68
Ground Striking	72
Clinch Grapple	75
Takedown	78
Ground Top Grapple	83
Ground Bottom Grapple	82
Submission	84

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	72
Clinch Striking	70
Ground Striking	74
Clinch Grapple	75
Takedown	78
Ground Top Grapple	85
Ground Bottom Grapple	84
Submission	90

ULTIMATE TECHNIQUES

LEFT/RIGHT OVER HOOK

Level 1—Both Standing, Striking Range

Paixao isn't known for his striking prowess, but these strong hooks can catch his opponents off guard. When used with skill, these technique strikes can entice the opponent to counter and give up the takedown.

SUPLEX TO SIDE CONTROL, TOP

Level 1—Double Underhook, Offense

Paixao has an excellent submission game, but he must bring his opponent to the ground to impose it. If his takedowns are being countered on the feet, go for strong clinch throws like this instead.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 2—Mount, Top

This powerful submission is one of Paixao's best from the top. Use his strong grappling ability to pass to Mount or North/South, then posture up into sub position and lock in this tight armbar.

STRENGTHS

- Submissions
- Ground-and-pound
- Brazilian Jiu-Jitsu black belt

Fredson Paixao is a talented Brazilian Jiu-Jitsu fighter who brings strong grappling skills to bear against his rivals in the UFC featherweight division.

Remain defensive against strikes on the feet with Paixao and try to move into close range so that he can shoot in for a quick takedown.

Work at bringing his opponents to the ground so you can impose his powerful submission grappling offense.

Land some heavy groundand- pound from the top, attacking the opponent's body to soften him up for one of Paixao's powerful submissions from the top.

His best subs come from dominant positions such as Mount, so struggle to advance position on top so you can bring the finish.

WEAKNESSES

- Footwork
- Standing strikes
- Clinch striking

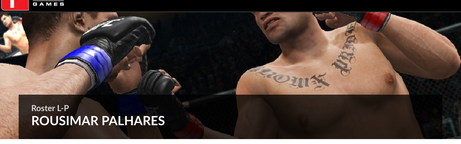
Paixao lacks speed and skill on the feet, so light him up with fast striking combinations and sharp counters.

Use superior footwork to keep the lumbering Paixao at bay and well out of clinching distance.

He is as weak on the feet as he is strong on the ground, so keep the fight standing and don't let him enjoy the use of his favorite brand of offense.

Even if he takes you down, know that his best subs are performed from dominant positions such as North/South and Mount—struggle to not give up these disastrous positions, and his offense won't be as overwhelming on the ground.

Of course, it's best to avoid the grappling match altogether—use fast, elusive striking on the feet and keep well out of his grasp to prevent this dangerous submission artist from dragging you into his deadly world of submission ground fighting.



Roster L-P
ROUSIMAR PALHARES

NICKNAME: Toquinho
WEIGHT CLASSES: Middleweight
AGE: 31
HEIGHT: 5'8"
REACH: 71"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	74
Cardio	75
Footwork	73

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	70
Standing Kicks	68
Clinch Striking	70
Ground Striking	77
Clinch Grapple	83
Takedown	80
Ground Top Grapple	86
Ground Bottom Grapple	81
Submission	90

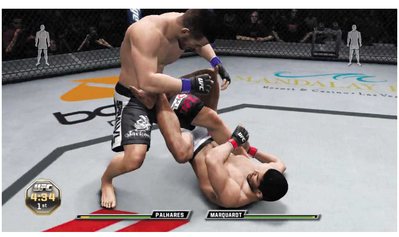
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	72
Clinch Striking	74
Ground Striking	79
Clinch Grapple	84
Takedown	83
Ground Top Grapple	83
Ground Bottom Grapple	84
Submission	92

ULTIMATE TECHNIQUES

SLIDING CATCH TO OUTSIDE HEEL HOOK

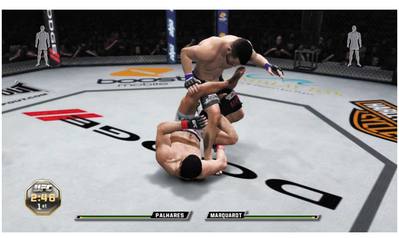
Level 2—Both Standing, Striking Range



Palhares has the rare ability to perform submissions even while fighting on the feet. Slide in and snatch up the opponent with this unexpected technique sub to force the tap in a hurry.

DIRECT CATCH TO INSIDE HEEL HOOK

Level 3—Over/Under Hook



His talent for unusual submissions carries over to the clinch, where Palhares can roll the opponent into a sudden and extremely painful heel hook.

DIRECT CATCH TO OUTSIDE HEEL HOOK

Level 3—Open Guard, Top

Score the takedown, then posture up in Open Guard and catch the opponent with a crippling heel hook from the top. This is another high-level leg lock that can quickly earn Palhares the win.

STRENGTHS

- Strength
- Brazilian *Jiu-Jitsu* black belt
- Leg locks

Rousimar "Toquinho" Palhares is an incredibly strong grappler and Brazilian *Jiu-Jitsu* master.

With his mix of pure strength and elite-level submission grappling technique, "Toquinho" is one of the most dangerous UFC middleweights.

His striking is not good, however, so remain defensive and conservative on the feet as you focus on using his strong takedowns or clinch grappling ability to bring the opponent to the floor.

Or attempt submissions while standing or from the Over/Under Hook clinch—these are quite powerful and can be very effective if you catch an unskilled opponent by surprise.

Go for the takedown otherwise, or work the opponent over in the clinch with Palhares, who has strong control in all grappling positions.

Attack the opponent's body to wear him down fast and set him up for one of Palhares's crippling leg locks or arm submissions from the top.

WEAKNESSES

- Footwork
- Striking
- Strike defense

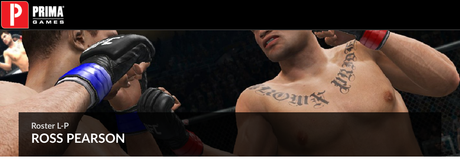
Though he knows a few decent strikes and is a strong and competitive athlete, no one would confuse Palhares for a striker.

"Toquinho" is a grappler by trade, so keep him standing and be ready to stuff his powerful takedowns and dangerous submission attempts on the feet.

He is also strong in the clinch and can roll for strong leg locks from the Over/Under Hook position, so use superior speed and movement on the feet to deny him the chance to move within clinching distance.

Remain defensive and pick him apart with quick leg kicks and hard punches from the outside, throwing quick combos and remaining wary of the takedown.

He can be overwhelming in his world of submission grappling, but he's vulnerable to being rocked on the feet and struggles to remain competitive when he's unable to bring the fight to the ground.



Roster L-P
ROSS PEARSON

NICKNAME: The Real Deal

WEIGHT CLASSES: Lightweight
AGE: 27
HEIGHT: 5'8"
REACH: 69"
STANCE: Orthodox
OVERALL RATING: 81

ATTRIBUTES

ATTRIBUTE	RATING
Strength	65
Speed	77
Cardio	76
Footwork	81

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	82
Clinch Striking	72
Ground Striking	70
Clinch Grapple	67
Takedown	67
Ground Top Grapple	64
Ground Bottom Grapple	68
Submission	64

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	84
Clinch Striking	73
Ground Striking	72
Clinch Grapple	70
Takedown	69
Ground Top Grapple	66
Ground Bottom Grapple	70
Submission	70

ULTIMATE TECHNIQUES

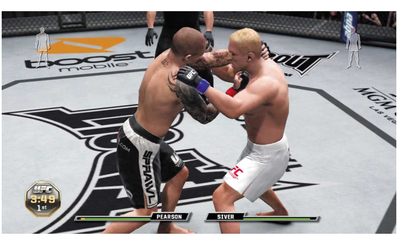
LEFT/RIGHT GUARDED HOOK

Level 2—Both Standing, Striking Range

Pearson does his best work when he's standing and throwing hard with his swift hands. Throw these big defensive hooks to crack the opponent from striking distance.

LEFT/RIGHT UPPERCUT

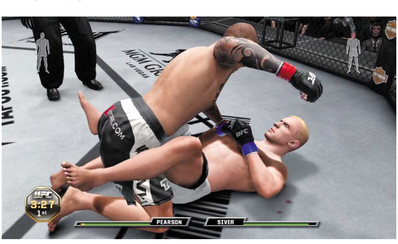
Level 3—Muay Thai Clinch, Offense



Utilize Pearson's strong dirty boxing skills to punish his opponents with these crushing uppercuts in the Muay Thai Clinch. This is a good way for him to work over elusive strikers.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top



"The Real Deal" can bring down some effective ground-and-pound when he postures up in Open Guard, Half Guard, or Mount and rains down these hard hooks from the top.

STRENGTHS

- Boxing
- Muay Thai
- Ground-and-pound

Ross "The Real Deal" Pearson is a competitive UFC lightweight who uses his fast hands and durability on the feet to wear his opponents down with a measured pace of steady aggression.

"The Real Deal" is a skilled technical boxer with good footwork and strong technique strikes from the outside that help him hammer hisnopponent while remaining guarded in the stand-up exchange.

Apply pressure and attack with quick strike combos to emphasize his hand speed. If the opponent is getting the better of "The Real Deal" on the feet, try clinching and battering him with punishing uppercuts in the Muay Thai position.

He isn't the strongest or most technical grappler, but he can bring down some impressive ground-and-pound from the top when he postures up and fires his heavy technique strikes.

Pearson's ideal place to be in a fight is usually on the feet, however, mixing things up with long strikes from the outside and fast combos up close.

WEAKNESSES

- Strength
- Ground top grappling
- Submissions

Though fairly fast on his feet, "The Real Deal" lacks raw power and strength, which takes the sting out of his strikes and factors into his opponents' ability to control him in the grappling game.

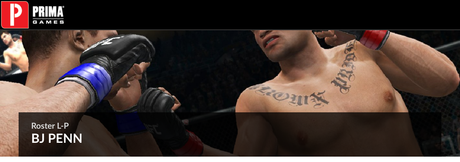
Striking with Pearson can be risky, so bring him down with a takedown and control him from the top with superior strength and grappling technique.

He can also be muscled around in the clinch if that's your preference, although he is a little more proficient at grappling in that area.

Either way, he doesn't fare well when matched up with a superior grappler, so clinch up or take him down to put him at a distinct disadvantage.

He is vulnerable to strikes in the clinch and on the ground, and it's fairly easy to pass into dominant position so that you can land heavy, unanswered shots.

"The Real Deal" is also susceptible to submissions, provided you're skilled at applying subs.



Roster L-P

BJ PENN

NICKNAME: The Prodigy
WEIGHT CLASSES: Welterweight and Lightweight

AGE: 32
HEIGHT: 5'9"
REACH: 70"
STANCE: Orthodox and Switch
OVERALL RATING: 91

ATTRIBUTES

ATTRIBUTE	WW	LW
Strength	79	78
Speed	76	77
Cardio	71	72
Footwork	80	80

OFFENSIVE SKILLS

SKILL	WW	LW
Standing Strikes	83	83
Standing Kicks	69	69
Clinch Striking	77	77
Ground Striking	80	80
Clinch Grapple	74	74
Takedown	72	77
Ground Top Grapple	82	82
Ground Bottom Grapple	81	81
Submission	80	80

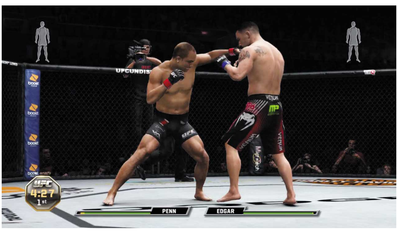
DEFENSIVE SKILLS

SKILL	WW	LW
Standing Strikes	84	84
Standing Kicks	83	83
Clinch Striking	81	81
Ground Striking	83	83
Clinch Grapple	82	82
Takedown	89	89
Ground Top Grapple	87	87
Ground Bottom Grapple	88	88
Submission	92	92

ULTIMATE TECHNIQUES

DUCKING LEFT/RIGHT HOOK

Level 2—Both Standing, Striking Range



BJ Penn packs serious power in his punches, and these ducking left hooks are great ways to land hard strikes while remaining elusive in the stand-up.

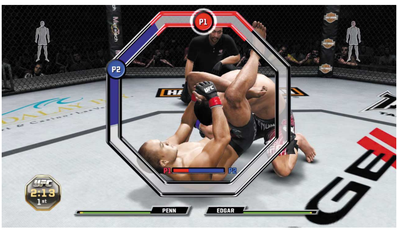
DIRECT CATCH TO STANDING REAR NAKED CHOKE

Level 2—Back Clinch, Offense

"The Prodigy" is an elite-level jiu-jitsu black belt, capable of applying a tight rear naked choke from the Back Clinch position. Lock in this choke to surprise opponents with unexpected and dangerous subs.

DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard Clinch, Bottom



It's almost worth giving up the takedown with Penn so that you can try locking in this dangerous triangle from the bottom. Pull guard in the clinch to quickly attain this position and go for this sub

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Boxing
- Champion experience

"The Prodigy," BJ Penn, is a legendary MMA warrior who has fought and captured titles in fighting tournaments and organizations all over the world.

His renowned and deadly ground game allows him to pressure his opponents with his strong boxing on the feet—even if they score the short takedown, Penn can quickly lock in lethal submissions such as triangles off his back.

Use his speed and powerful striking ability to land his heavy hands as often as you can.

Look for submissions whenever the opponent takes you down, and try utilizing the Back Clinch position with him so you can access his lethal array of chokes from behind.

"The Prodigy" has an overwhelming ground game—bring his opponents to the floor with takedowns or clinch throws, then work toward dominant position and unleash some heavy ground-and-pound, or lock in one of his excellent submissions from the top.

WEAKNESSES

- Cardio
- Kicks
- Takedowns

BJ Penn is a dangerous fighter with a strong and well-rounded skill set, but his cardio has been known to be his Achilles heel.

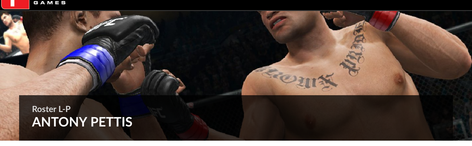
Be defensive when fighting him and try to keep the fight standing by outmaneuvering him on the feet and landing hard leg and body kicks from the outside.

"The Prodigy" isn't a very strong kicker himself, so drawing him into an elusive kickboxing battle with a balanced mix of quick strikes and long kicks can give him grief on the feet.

Attack his body relent-lessly to increase your landing percentage and wear away at his lackluster stamina.

After a long first round of body kicks and sharp straights to the face, he won't be very thrilled about getting off the stool for round 2.

Pour on the pressure as his gas tank begins to fade and throw more aggressive combos, but remain cautious against his powerful ground game and always be ready to defend against his takedowns.



Roster L-P

ANTONY PETTIS

NICKNAME: Showtime

WEIGHT CLASSES: Lightweight

AGE: 24
HEIGHT: 5'9"
REACH: 72"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	88
Cardio	85
Footwork	85

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	90
Clinch Striking	72
Ground Striking	70
Clinch Grapple	70
Takedown	73
Ground Top Grapple	78
Ground Bottom Grapple	84
Submission	80

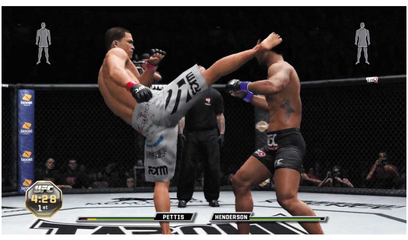
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	82
Clinch Striking	75
Ground Striking	75
Clinch Grapple	75
Takedown	75
Ground Top Grapple	80
Ground Bottom Grapple	80
Submission	84

ULTIMATE TECHNIQUES

LEFT/RIGHT BRAZILIAN HEAD KICK

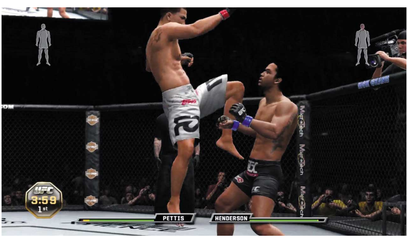
Level 2—Both Standing, Striking Range



These lethal head kicks come with great speed and force, capitalizing on Pettis's great kicking ability and rocking his opponents from range.

TWO STEP FLYING RIGHT KNEE

Level 2—Both Standing, Striking Range



Close in on opponents with lethal intent by throwing this fast flying knee after performing a forward step. Connecting with just one of these can quickly bring about the fight's end.

DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard Clinch, Bottom

"Showtime" has some great submissions off his back—lock in this tight triangle from the bottom whenever opponents manage to bring him to the ground with a takedown.

STRENGTHS

- Submissions
- Grappling
- Unorthadox Striking

Anthony "Showtime" Pettis is an outstanding UFC lightweight kickboxer with excellent footwork and striking speed on the feet.

Pettis has lethal kicks that can quickly begin to damage his opponent's legs, body, or head after he begins to land them.

Use his speed to overwhelm his opponents on the feet, moving in and out of striking range as you light them up with sharp combos and counters.

Look for submissions from his back if you're taken down, because "Showtime" has excellent subs from the bottom, including triangles and kimuras.

Overwhelm opponents with his superior kickboxing prowess in the stand-up battle until they decide to shoot in, then threaten them with his dangerous ground grappling game as you attack with various submissions from the bottom.

WEAKNESSES

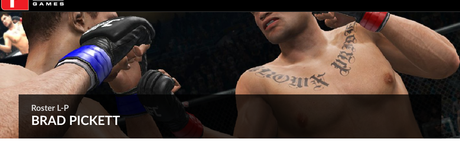
- Ground striking
- Clinch grappling
- Takedowns

Pettis's fast, accurate kickboxing and dangerous ground game off his back make him a tough opponent to overcome both on the feet and on the ground.

The clinch is therefore the best place to fight "Showtime"—work at getting inside and clinching up with him so that you can muscle him around in the position and control him without suffering his blistering stand-up skills.

If you can, stuff him against the cage to give him even more trouble escaping—he also suffers even more damage from your clinch strikes when he's trapped against the fence.

Work him over with heavy blows in the Muay Thai Clinch, or risk going for a throw from a grappler's clinch to bring him to the ground and land outside of his dangerous guard.



Roster L-P

BRAD PICKETT

NICKNAME: One Punch
WEIGHT CLASSES: Bantamweight
AGE: 33
HEIGHT: 5'6"
REACH: 68"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	83
Speed	85
Cardio	78
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	88
Standing Kicks	74
Clinch Striking	79
Ground Striking	80
Clinch Grapple	76
Takedown	79
Ground Top Grapple	77
Ground Bottom Grapple	68
Submission	74

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	74
Clinch Striking	75
Ground Striking	75
Clinch Grapple	77
Takedown	83
Ground Top Grapple	76
Ground Bottom Grapple	74
Submission	82

ULTIMATE TECHNIQUES

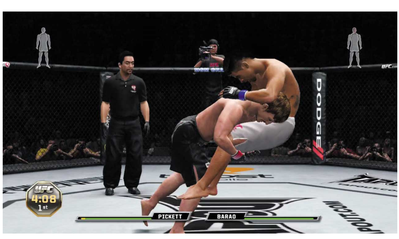
DUCKING LEFT/RIGHT HOOK

Level 2—Both Standing, Striking Range

"One Punch" is known for his strong striking ability, and these powerful, elusive hooks are among his best technique strikes on the feet.

JUMPING DOUBLE LEG TAKEDOWN

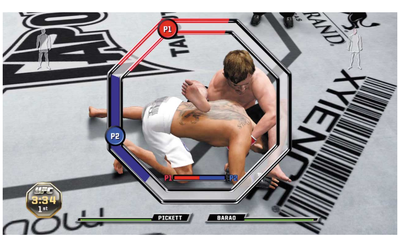
Level 3—Both Standing, Striking Range



This powerful double leg puts Pickett's strength and speed to good use in driving his opponents to the mat. Once down, he can pass his rival's guard and land some heavy ground-and-pound.

DIRECT CATCH TO PERUVIAN NECK TIE

Level 2—Sprawl, Top



Pickett's strong takedown defense often causes him to trap his opponent in a sprawl. If the opponent is tired, look to lock in this unique choke and end the night with a stylish submission.

STRENGTHS

- Boxing
- Striking
- Heart

Brad Pickett is a quick and strong UFC bantamweight contender with knockout power in his hands and a fairly strong top game on the ground.

Use his speed and agility on the feet to land hard punches that can quickly add up to rock rivals.

"One Punch" is most dangerous while exchanging with his fast and heavy hands on the feet, but he can also handle himself in the clinch, as well as on the ground when fighting from the top.

He can unleash some strong striking from the clinch and on the ground, particularly when he uses his grappling strength to transition and advance to dominant position.

He has unique choke submissions from the back that can catch his opponents by surprise with their sudden ferocity.

WEAKNESSES

- Kicks
- Ground bottom grappling
- Submissions

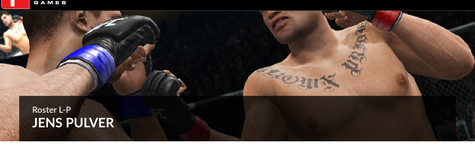
"One Punch" is an extremely dangerous striker with few weaknesses on the feet, so try to score a takedown against him when he begins to open up with his swift striking combinations.

Pickett's lack of grappling defense while he's on bottom is a hole in his game that can and should be exploited to maximum advantage—take him to the ground to nullify his lethal striking ability and work at passing his guard with superior grappling from the top.

Control Pickett once you get him down, and work him over with occasional fits of ground-and-pound as you steadily advance toward dominant position.

He has surprisingly good submission defense, so don't go for any subs until he's been worn down by your smothering ground game.

Or forget submissions entirely and just keep hammering away with heavy shots from the top while controlling the top position and working toward the TKO.



Roster L-P

JENS PULVER

NICKNAME: Lil Evil
WEIGHT CLASSES: Lightweight (PRIDE), Featherweight (PRIDE)
AGE: 32
HEIGHT: 5'7"
REACH: 70"
STANCE: Southpaw and Switch
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	LW (PRIDE) RATING	FW (PRIDE) RATING
Strength	75	75
Speed	86	86
Cardio	88	88
Footwork	80	80

OFFENSIVE SKILLS

SKILL	LW (PRIDE) RATING	FW (PRIDE) RATING
Standing Strikes	80	80
Standing Kicks	77	77
Clinch Striking	74	74
Ground Striking	80	80
Clinch Grapple	75	75
Takedown	72	72
Ground Top Grapple	76	76
Ground Bottom Grapple	74	74
Submission	66	66

DEFENSIVE SKILLS

SKILL	LW (PRIDE) RATING	FW (PRIDE) RATING
Standing Strikes	78	78
Standing Kicks	79	79
Clinch Striking	78	78
Ground Striking	80	80
Clinch Grapple	78	78
Takedown	83	83
Ground Top Grapple	78	78
Ground Bottom Grapple	76	76
Submission	67	67

ULTIMATE TECHNIQUES

LEFT LONG STRAIGHT

Level 2—Both Standing, Striking Range

Pulver throws this heavy left straight with great power, and its reach helps it land more often than not. Hurt rivals with this long left.

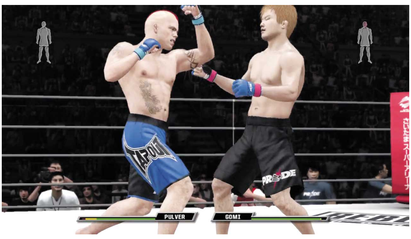
LEFT CHOPPING HOOK

Level 3—Both Standing, Clinch Range

Pulver can rock his opponents with this short hook thrown from up close on the feet. Crack rivals with this excellent technique strike to rock them with a fast and hard shot thrown inside.

LEFT STRONG UPPERCUT

Level 2—Both Standing, Striking Range



Move in and land a big uppercut with Pulver's heavy left hand by throwing his versatile technique strike. The long, looping blow can catch grapplers as they dive in for the takedown from the outside.

STRENGTHS

- Knockout power
- Grappling
- Experience

Jens "Lil Evil" Pulver is a renowned MMA veteran who continues to compete in the sport today. He uses his fast hands to rock his opponents with long, straight lefts that land with surprising force.

He is known for his knockout power, so keep the fight on the feet and punish his adversaries with quick strikes during the exchanges.

"Lil Evil" has strong takedown defense, so be sure to punish his opponents after he sprawls when they try to shoot in.

He's a fairly decent grappler as well, and he can dish out some heavy ground-and-pound if he chooses—but his true strength lies in his striking speed and the power he packs in his heavy left hand.

WEAKNESSES

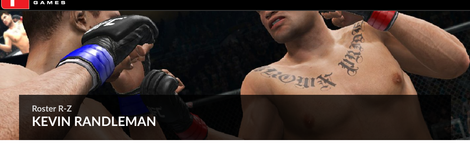
- Strength
- Submissions
- Submission defense

Pulver is a dangerous knockout artist on the feet—beware his heavy left hand, which he throws with surprising power and range, and look to shoot under his heavy punches with well-timed takedowns.

Plant him on his back to take him out of his world of aggressive kickboxing.

Pulver can't effectively threaten with submissions off his back, so work comfortably in his guard and take your time controlling him on the ground as you steadily advance to dominant position.

"Lil Evil" is fairly easy to submit once you're able to lockin a respectable sub—pass his guard and go for the finish with a strong submission that he'll have trouble slipping out of.



Roster R-Z

KEVIN RANDLEMAN

NICKNAME: The Monster

WEIGHT CLASSES: Heavyweight (PRIDE), Light Heavyweight (PRIDE)
AGE: 35
HEIGHT: 5'10"
REACH: 70"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	HW (PRIDE) RATING	LHW (PRIDE) RATING
Strength	83	83
Speed	84	86
Cardio	86	86
Footwork	77	77

OFFENSIVE SKILLS

SKILL	HW (PRIDE) RATING	LHW (PRIDE) RATING
Standing Strikes	75	75
Standing Kicks	63	63
Clinch Striking	77	77
Ground Striking	86	86
Clinch Grapple	84	84
Takedown	85	85
Ground Top Grapple	82	82
Ground Bottom Grapple	64	64
Submission	57	63

DEFENSIVE SKILLS

SKILL	HW (PRIDE) RATING	LHW (PRIDE) RATING
Standing Strikes	74	74
Standing Kicks	70	70
Clinch Striking	72	72
Ground Striking	77	77
Clinch Grapple	82	82
Takedown	84	84
Ground Top Grapple	81	81
Ground Bottom Grapple	66	66
Submission	70	70

ULTIMATE TECHNIQUES

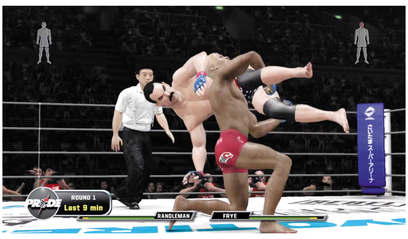
DUCKING LEFT/RIGHT HOOK

Level 2—Both Standing, Striking Range

Though known for his wrestling ability, "The Monster" can put his great strength behind these heavy hooks, which he throws with elusive technique to avoid being countered during the attack.

DRIVING DOUBLE LEG TAKEDOWN

Level 3—Both Standing, Striking Range



Few can resist Randleman's driving double leg, which he can change levels and duck in for with surprising speed and power. More often than not, he'll get his opponent to the ground.

SUPLEX TO SIDE CONTROL, TOP

Level 3—Double Underhook, Offense

Though his takedowns are exceptionally powerful and explosive, "The Monster" can achieve the same result with less risk of being countered by clinching with his opponents and suplexing them hard to the mat.

STRENGTHS

- Wrestling
- Former NCAA champion
- Strength

Kevin "The Monster" Randleman is a powerful and explosive wrestler with great strength and striking ability in most grappling positions.

Use his strength and speed to blast in with a driving double leg and bring his opponent to the mat.

Then use Randleman's dominant ground game to pass his adversary's guard and smash him with brutal ground-and-pound from the top.

"The Monster" is a ground-and-pound machine—advance to Mount and posture up to unleash his heaviest blows from the top.

His knees are also lethal from positions such as North/South when fighting in PRIDE—make good use of these and punish opponents with his superior grappling control and relentless striking.

WEAKNESSES

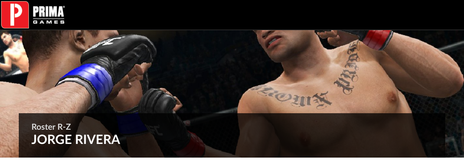
- Kicks
- Ground bottom grappling
- Submissions

"The Monster" uses his explosive athleticism to make up for his lack of technique in the stand-up game, using his great speed and strength to smash his opponents with heavy hooks and uppercuts on the feet.

Of course, his best weapon in the stand-up department is his huge double leg takedown, which is what his opponents must fear—keep far away from him to prevent him from easily shooting in, and land hard leg kicks against him from the outside to slow "The Monster" down as you look to counter his attempts to take you down.

Keep him standing to prevent him from imposing his overwhelming grappling game, and focus on blocking his transitions and defending against his ground-and-pound whenever "The Monster" drags you to the mat.

Though he's dominant on top, he's not good at fighting off of his back, and he's also vulnerable to submissions—jiu-jitsu specialists can have success fighting him on the ground, rolling with him as they look to secure a fight-ending sub.



Roster R-Z

JORGE RIVERA

NICKNAME: El Conquistador
WEIGHT CLASSES: Middleweight
AGE: 39
HEIGHT: 6'1"
REACH: 73"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	76
Cardio	72
Footwork	79

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	76
Clinch Striking	81
Ground Striking	82
Clinch Grapple	77
Takedown	70
Ground Top Grapple	74
Ground Bottom Grapple	72
Submission	66

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	78
Clinch Striking	82
Ground Striking	79
Clinch Grapple	74
Takedown	75
Ground Top Grapple	77
Ground Bottom Grapple	74
Submission	75

ULTIMATE TECHNIQUES

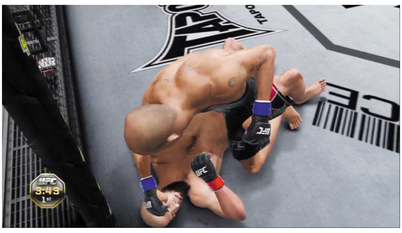
STRONG LEFT/RIGHT UPPERCUT

Level 2—Muay Thai Clinch Cage, Offense

Rivera is at his best in the clinch. These uppercuts do serious damage against the cage.

STRONG LEFT/RIGHT PUNCH

Level 2—Mount, Top



These nasty punches do great work from the Mount position. Posture up and put your opponent to sleep.

DIRECT CATCH TO TRIANGLE CHOKE

Level 1—Butterfly Guard, Bottom

If you find yourself on your back, transition to Butterfly Guard and go for a triangle.

STRENGTHS

- Well rounded
- Knockout power
- Experience

Jorge "El Conquistador" Rivera has great strikes from his feet, from the clinch, and on the ground.

And he's used them in this division for over a decade. In fact, his win-loss record reads like a who's who of the middleweight division, so he definitely has the experience to be near the top of the division.

He is a clinch striker and likes to work ground-and-pound, so identify the techniques that will inflict the most damage when you get to the dominant offensive position and swing away.

He's well rounded within his skill set and has at least one go-to move from every position, assuming you can transition to it.

From the clinch, put your opponent up against the cage and go to work with dirty boxing and knees.

If you can, transition to a takedown there and achieve the Mount. Fire big blows (watch your stamina) to take advantage of his great ground striking ability and log a KO.

WEAKNESSES

- Cardio
- Submissions
- Working off his back

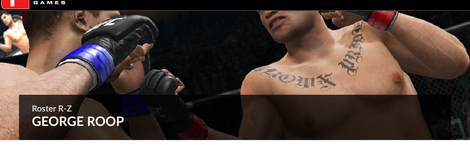
"El Conquistador" is—ahem—"established" in the MMA game. He's 39 years old. Though he is a super athlete, his Cardio rating now is a pretty low 72.

There are a bunch of active middleweights in the division that may be hard for him to keep up with. Push the action and test Rivera.

The position he struggles in the most is from his back with the BJJ, so keep control on top and block his transitions.

He wants to ground and pound, so if you're playing as one of the exceptional strikers in the division, keep your distance and stay out of the clinch.

Rivera's Submission rating is a 66, so again, put him on his back and keep control. Even if he locks in his triangle, you have a great chance of defending it.



Roster R-Z

GEORGE ROOP

NICKNAME: N/A
WEIGHT CLASSES: Featherweight
AGE: 28
HEIGHT: 6'1"
REACH: 72"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	75
Speed	80
Cardio	83
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	79
Clinch Striking	76
Ground Striking	74
Clinch Grapple	74
Takedown	74
Ground Top Grapple	72
Ground Bottom Grapple	70
Submission	72

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	82
Clinch Striking	78
Ground Striking	76
Clinch Grapple	77
Takedown	74
Ground Top Grapple	74
Ground Bottom Grapple	73
Submission	76

ULTIMATE TECHNIQUES

SUPERMAN JAB

Level 1—Both Standing, Striking Range

This is a quick punch with an added hop for power. Hold the Movement stick away from your opponent as you punch to add the right Superman punch to the 1-2 combo.

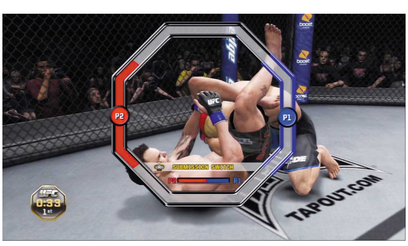
LEFT/RIGHT UP KICK

Level 3—Up/Down Near, Bottom

This is Roop's only Level 3 action in the bunch, but it's a fast up kick that can rock a striking opponent.

DIRECT CATCH TO TRIANGLE CHOKE

Level 1—Butterfly Guard, Bottom



This sub has two—yes, two—submission switches built in. Transition to an armbar and then back to a triangle if you like.

STRENGTHS

- Striking
- Height
- Knockout power

George Roop is a 6'1" featherweight in a division with a bunch of 5'7" guys. How he cuts to 145 pounds with a 6'1" frame might be a mystery, but his effectiveness in the Octagon is not in question.

He's got great strikes and can whip out head kicks, but his true sneakiness lies in a diverse ground game.

From guard, he can attack with strikes, and he uses the Butterfly Guard to set up the triangle choke with a submission switch to an armbar from the bottom, with, yes—wait for it—yet another submission switch back to a triangle.

He doesn't have the attribute ratings to be a true BJJ superstar, so soften up your opponents with his long kicks and flying knees, not to mention a 1-2 of the Superman punch variety.

Use Roop's unique style and varied skill set to keep your opponent guessing.

WEAKNESSES

- Power on the ground
- Takedowns
- Clinch grappling

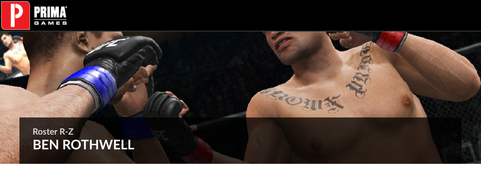
Roop is an interesting fighter. He's got an incredible cache of MMA weaponry but very few leveled-up moves and only one Level 3 technique.

You do have to be aware of his standing strikes and submission skills, but everywhere in between is a bit mediocre. He has poor takedowns and finds it difficult to transition clinches offensively.

Despite his excellent flow from one submission to another, his strike catches, powerful strikes from the bottom, and his Butterfly Guard, grappling from his back is his lowest-rated attribute.

Keep control of him from Side Control and ground and pound.

Block his attempts to transition to Open Guard or Butterfly Guard—he's got direct catches to submissions from each.



Roster R-Z

BEN ROTHWELL

NICKNAME: Big Ben

WEIGHT CLASSES: Heavyweight
AGE: 30
HEIGHT: 6'4"
REACH: 80"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	74
Cardio	72
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	71
Clinch Striking	74
Ground Striking	77
Clinch Grapple	80
Takedown	75
Ground Top Grapple	75
Ground Bottom Grapple	75
Submission	75

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	75
Clinch Striking	75
Ground Striking	72
Clinch Grapple	76
Takedown	77
Ground Top Grapple	74
Ground Bottom Grapple	76
Submission	77

ULTIMATE TECHNIQUES

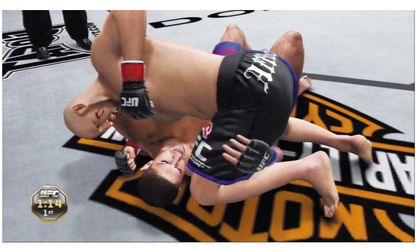
RIGHT OVER HOOK

Level 2—Both Standing, Striking Range

Rothwell brings the pain with this strong haymaker.

LEFT ELBOW

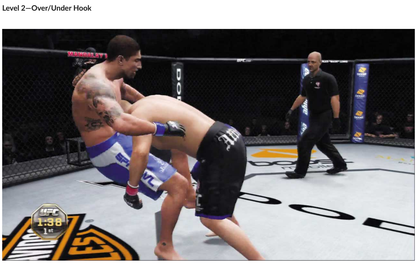
Level 2—Salaverry, Top



Get top position in the mounted crucifix and drop these heavy elbows on your helpless opponent.

SHOOT TO DOUBLE LEG TAKEDOWN

Level 2—Over/Under Hook



"Big Ben's" a better striker than wrestler, but this will get you on top of a shifty opponent for some ground-and-pound Level 2 strikes.

STRENGTHS

- Well rounded
- Size
- Strength

"Big Ben" Rothwell is a long brawler with heavy hands. He has a well-rounded game, and that is his greatest strength.

Take advantage of his solid defense, but if possible, keep the fight standing and press forward with punches. He is a power guy with more than half of his wins coming by knockout.

So far he has posted a 1-2 record in his first three fights since joining the UFC, all against quality opponents, one of those being a loss to the former heavyweight champion Cain Velasquez before he took the belt.

Use your well-rounded skill set to counter what your opponent brings to the ring, but big punches from standing and ground-and-pound punches and elbows are going to bring Rothwell his success in the ring.

WEAKNESSES

- Ground defense
- Cardio
- Kicks

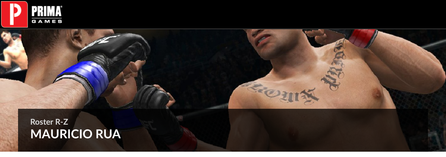
If your fighter is an athletic heavyweight, test Rothwell's cardio by staying very busy. Put him on the ground and get on top to nullify his punching power.

If you look at his record, you'll notice that he has a bunch of wins by submission, but many of those are at the mercy of his striking or from injury.

When you are standing, stay out of his range and shoot in for the clinch and takedowns.

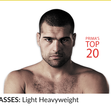
Then, when he's on his back, he'll be easier to control with his mediocre grappling. He isn't terrible in any one area, but he is far and away a better puncher than anything else, so get your hands on him and don't let him go.

Ground-and-pound him for the KO or wear him down and lock in a submission.



Roster R-Z
MAURICIO RUA

Video is restricted



RANKED TOP 20

NICKNAME: Shogun
WEIGHT CLASSES: Light Heavyweight
AGE: 29
HEIGHT: 6'1"
REACH: 75"
STANCE: Orthodox
OVERALL RATING LHW: 90
OVERALL RATING LHW (PRIDE): 89

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW (PRIDE) RATING
Strength	83	83
Speed	80	80
Cardio	83	84
Footwork	84	84

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING
Standing Strikes	83	83
Standing Kicks	86	86
Clinch Striking	83	83
Ground Striking	82	82
Clinch Grapple	80	80
Takedown	74	74
Ground Top Grapple	78	77
Ground Bottom Grapple	80	78
Submission	79	76

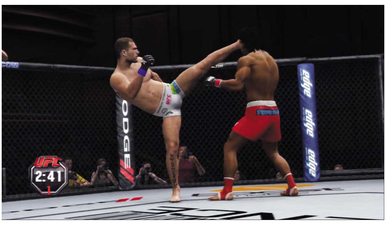
DEFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING
Standing Strikes	82	82
Standing Kicks	82	82
Clinch Striking	77	77
Ground Striking	76	76
Clinch Grapple	78	76
Takedown	74	74
Ground Top Grapple	80	80
Ground Bottom Grapple	80	77
Submission	83	77

ULTIMATE TECHNIQUES

LEFT/RIGHT MUAY THAI HEAD KICK

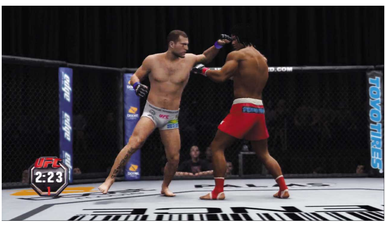
Level 3—Both Standing, Striking Range



This is Shogun's bread and butter. Lead with some powerful punches, then unleash these huge kicks. As a counter, you can rock your opponent or score a one-hit knockdown.

SHOGUN'S STEPPING LEFT HOOK

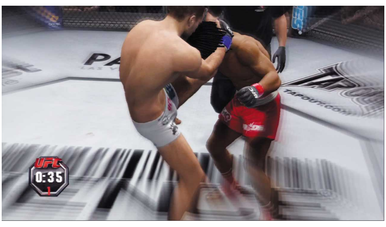
Level 3—Both Standing, Striking Range



This awesome punch is quick and follows your step into the pocket. Step and quick strike.

LEFT/RIGHT REAR LEG KNEE

Level 2—Muay Thai Clinch, Offense



When Shogun initiates the clinch, it goes right into Muay Thai. Use a strong whip and launch these vicious knees to the head and body.

STRENGTHS

- Aggressive style
- Knockout power
- Well rounded

As former light heavyweight Lyoto Machida found out, Mauricio "Shogun" Rua is remarkable on his feet, and you don't want to be kicked by him.

Rua's game plan is always to keep the fight a striking match and to live in the kicking distance.

Shoot in with punches and go to the clinch to bring the pain with the Muay Thai knees, but resist the temptation to go to the ground.

Use the cage against better opponents to limit their abilities in the clinch, but watch out for the takedown.

Shogun's strength is standing—utilize his monster kicks to beat up opponents from range. Few can match him outside when you snap out his Level 3 Muay Thai head kicks.

WEAKNESSES

- Wrestling
- Brazilian Jiu-Jitsu
- Ground strike defense

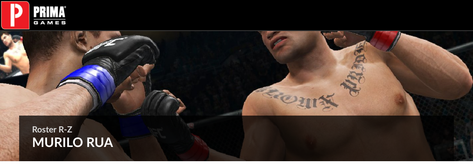
Shogun isn't truly weak in any specific area, but choose to take him down and make it a ground-and-pound affair where you maintain top control.

He's prone to the takedown, and the mat reduces his opportunities to finish you with a big strike.

He's got good submission defense, and he'll probably try to get back to his feet, so block his transitions and maintain control.

He's one of the higher-rated grapplers in the light heavyweight division, but his skill set isn't as diverse as other fighters', so don't be too worried about his submission game.

If the fight goes back to standing, take him down again.



Roster R-Z

MURILO RUA

NICKNAME: Ninja

WEIGHT CLASSES: Light Heavyweight (PRIDE)

AGE: 26
HEIGHT: 5'11"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	82
Cardio	80
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	82
Clinch Striking	82
Ground Striking	80
Clinch Grapple	80
Takedown	76
Ground Top Grapple	78
Ground Bottom Grapple	70
Submission	74

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	77
Clinch Striking	76
Ground Striking	75
Clinch Grapple	70
Takedown	76
Ground Top Grapple	80
Ground Bottom Grapple	74
Submission	74

ULTIMATE TECHNIQUES

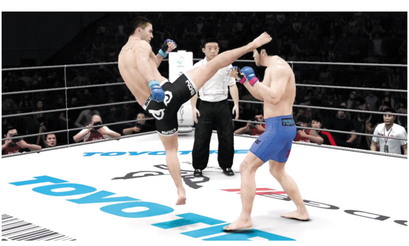
STRONG LEFT/RIGHT KNEE

Level 1—Muay Thai Clinch, Offense

Take advantage of "Ninja's" strength in the clinch. Launch strong knees to your opponent's head.

JUMPING RIGHT HEAD KICK

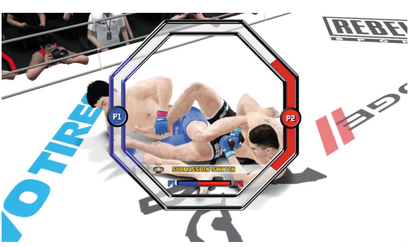
Level 1—Both Standing, Striking Range



Rua whips power into this head kick. Follow with a defensive jab.

DIRECT CATCH TO ANKLE LOCK

Level 1—Open Guard, Top



This nice ankle lock has the submission switch to a Level 2 heel hook.

STRENGTHS

- Aggressive style
- Muay Thai
- Experience

Shogun's older brother, Murilo "Ninja" Rua, is a bit smaller but has quite a few effective techniques of his own in his Muay Thai arsenal.

Rua is a PRIDE light heavyweight, so he's only 185, but he's faced Rampage Jackson and Kevin Randleman in the PRIDE ring at 205, and he narrowly lost to Dan Henderson in a split decision.

"Ninja" is best on his feet and has heavy punches, and his flying head kick shoots in after a step (hold the Technique Modifier button).

Ninja is not known for his grappling skill, but he does have a couple of crafty submissions.

He is a much better grappler from the top than he is from the bottom, and he catches some decent submission from there. O

n your feet, clinch up or stay outside with strikes to make quick work of your opponent.

WEAKNESSES

- Working from his back
- Wrestling
- Submission defense

"Ninja" is a good Muay Thai fighter. So with that in mind, intend to do everything else in the Octagon.

Take him down and put him on his back and keep control. He's good on his feet and good in the clinch, but has only mediocre takedown defense.

Move into Side Control and block his transitions—he doesn't have any special sweeps, so he'll simply fight to get back to guard.

When you are on top and you've done a bit of damage, sink in a submission for the win.

If he escapes, attempt to re-engage on the ground to keep him away from his real weapons on his feet.

Roster R-Z

DIEGO SANCHEZ

NICKNAME: The Dream

WEIGHT CLASSES: Lightweight

AGE: 29
HEIGHT: 5'11"
REACH: 75"
STANCE: Southpaw and Switch
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	WW RATING	LW RATING
Strength	83	81
Speed	76	78
Cardio	85	88
Footwork	73	74

OFFENSIVE SKILLS

SKILL	WW RATING	LW RATING
Standing Strikes	73	73
Standing Kicks	71	71
Clinch Striking	72	72
Ground Striking	84	83
Clinch Grapple	72	72
Takedown	77	77
Ground Top Grapple	79	79
Ground Bottom Grapple	74	74
Submission	77	77

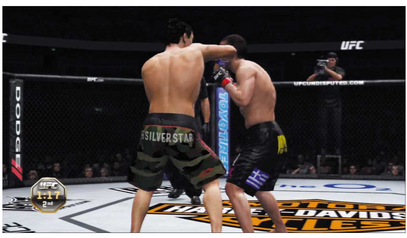
DEFENSIVE SKILLS

SKILL	WW RATING	LW RATING
Standing Strikes	76	76
Standing Kicks	78	78
Clinch Striking	70	70
Ground Striking	78	78
Clinch Grapple	74	74
Takedown	75	75
Ground Top Grapple	75	75
Ground Bottom Grapple	77	77
Submission	81	81

ULTIMATE TECHNIQUES

RIGHT OVER HOOK

Level 2—Both Standing, Striking Range



This lead hook is the best boxing punch in Sanchez's game. Mix it into a combo or lead with it.

TRANSITION TO RUBBER GUARD LEFT/RIGHT, BOTTOM

Level 2—Open Guard Clinch, Bottom

From guard, this is a technical transition to the Rubber Guard that opens up a direct catch to a triangle or a sweep to the mount for some ground-and-pound.

LEFT ELBOW

Level 3—Mount, Top

Sanchez is a "nightmare" from the Mount, Top position. Posture up and throw these elbows, or for even more control, throw them from the grapple block position with an arm around your opponent's head.

STRENGTHS

- Grappling
- Conditioning
- Aggressive style

Diego "The Dream" Sanchez has a wealth of grappling techniques, and his aggressive style uses offense as the best defense.

Submission attempts like a punch catch to armbar from the bottom when the opponent is standing over him and transitions to Rubber Guard and Butterfly Guard turn being on his back into opportunities to attack.

He has great cardio, so stay busy and push the action, attempting transitions on the ground often.

Use sweeps from the bottom to get into favorable positions on top, then posture up and rain down heavy strikes—he's got Level 3 elbows from the top in the opponent's guard and when in Side Control or Mount.

If your opponent gets desperate and gives up the back, use a major transition to Back Mount Face Up position and sink in the rear naked choke.

WEAKNESSES

- Technical striking
- Clinch game
- Footwork

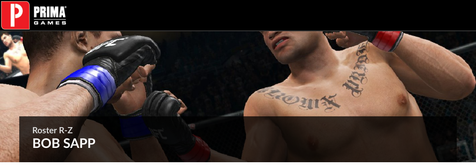
When fighting "The Dream," it will be a nightmare if he gets on top. Keep the fight standing and turn it into a Muay Thai battle.

Even though he trains out of Greg Jackson's camp in New Mexico with some proficient strikers, his stand-up is still his weakest point.

With a Footwork rating of 73/74, he can struggle moving in and out of the pocket, and he is weakest in the clinch.

Use Muay Thai strikes and knees to beat him up, and block his transition attempts.

If it does go to the ground, get to your guard and stand up. If he's on his back, stand up before the submission comes. Back up and the ref will stand him up.



Roster R-Z

BOB SAPP

NICKNAME: The Beast
WEIGHT CLASSES: Heavyweight (PRIDE)
AGE: 32
HEIGHT: 6'5"
REACH: 83.5"
STANCE: Orthodox
OVERALL RATING: 77

ATTRIBUTES

ATTRIBUTE	RATING
Strength	90
Speed	76
Cardio	69
Footwork	66

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	57
Clinch Striking	77
Ground Striking	83
Clinch Grapple	71
Takedown	69
Ground Top Grapple	66
Ground Bottom Grapple	60
Submission	50

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	64
Standing Kicks	60
Clinch Striking	69
Ground Striking	72
Clinch Grapple	70
Takedown	78
Ground Top Grapple	68
Ground Bottom Grapple	64
Submission	56

ULTIMATE TECHNIQUES

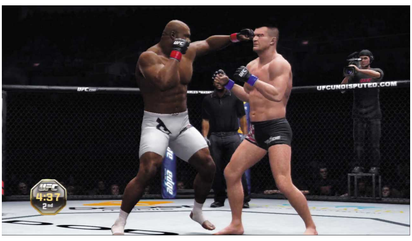
STRONG RIGHT HOOK

Level 2—Single Collar Tie

This is a devastating hook if you can manage to tie up your opponent.

LEFT HOOK

Both Standing, Striking Range



Both Standing, Striking Range

BACK FLIP SINGLE LEG TAKEDOWN

Level 2—Single Collar Tie, Over/Under Hook

This Level 2 takedown can be done from neutral clinches or offensive holds. Use it as a surprise switch to mix it up. If you're successful you end up in Side Control.

STRENGTHS

- Size
- Strength
- Knockout power

Though Bob Sapp's best attribute might be "scariness," he is a big, strong guy with one-punch knockout power.

His strength lies in big brawling, so don't get too technical. Use boxing combinations and unload heavy punches when you set them up with quick strikes.

A nicely timed counter with a strong strike can instantly rock your opponent and put him to the mat.

Rocked opponents on the ground open up Level 3 hammer fists, punches, and elbow for the big man, so dive onto rocked opponents with a punch and finish the fight with technique strikes from the top.

If you're facing a better striker on the feet, clinch, take him down, and rock him with ground-and-pound.

WEAKNESSES

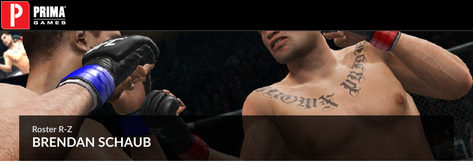
- Chin
- Kicks
- Grappling

Sapp's chin has been called into question by some pretty quick knockouts. Stick and move on the feet to take advantage of his poor standing strike defense.

He is not going to hurt you badly with kicks, and he pretty much plods around the ring looking for the big knockout punch.

Ideally, take him to the mat to nullify his power. Sapp is not a grappler and can be easily submitted without worry that he'll try to submit you.

Transition to a dominant position and work technical grappling to submission. If your fighter is a striker, ground-and-pound from the top.



Roster R-Z

BRENDAN SCHAUB

NICKNAME: The Hybrid
WEIGHT CLASSES: Heavyweight
AGE: 28
HEIGHT: 6'4"
REACH: 78"
STANCE: Orthodox
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	78
Cardio	76
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	68
Clinch Striking	70
Ground Striking	76
Clinch Grapple	68
Takedown	74
Ground Top Grapple	80
Ground Bottom Grapple	64
Submission	65

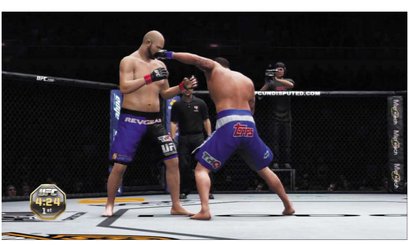
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	75
Clinch Striking	71
Ground Striking	75
Clinch Grapple	73
Takedown	74
Ground Top Grapple	75
Ground Bottom Grapple	68
Submission	76

ULTIMATE TECHNIQUES

DUCKING LEFT HOOK

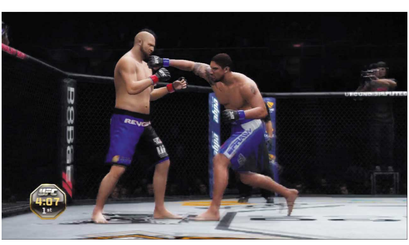
Level 2—Both Standing, Striking Range



Schaub throws this great boxing punch as a lead and counter into the pocket.

RIGHT HEAVY STRAIGHT

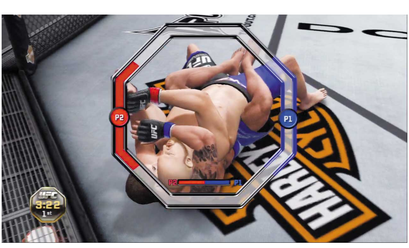
Level 2—Both Standing, Striking Range



This strong right cross is a fairly quick power punch. Sway and counter to devastate your opponent.

DIRECT CATCH TO UPWARD REAR NAKED CHOKE

Level 3—Back Side Control, Top



Schaub is excellent with the rear naked chokes, and he goes direct for this one from back Side Control.

STRENGTHS

- Boxing
- Athleticism
- Knockout power

Brendan "The Hybrid" Schaub is one of the better boxers in the division, and despite his overall rating of 83, he rates an 80 with Standing Strikes and a fantastic 84 in Footwork.

Throw boxing combinations, sway, and then stick and move.

He was a Golden Gloves boxing champion and a college football player, so he's not afraid of getting into a battle. Pick apart your opponent on his feet, but try to avoid the takedown at all costs.

After you put some hurt on your opponent, surprise him by pummeling to the Back Clinch and then throwing your opponent with a major transition that will land you in back Side Control.

Go direct to a rear naked choke for a Level 3 submission out of nowhere.

WEAKNESSES

- Working from his back
- Kicks
- Submissions

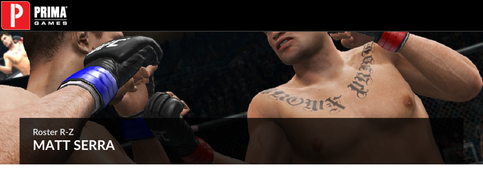
Schaub is a big puncher and, as one of the more agile heavyweights, is most comfortable dancing in and out and throwing combinations.

He's not going to kick you—as most heavyweights in the division are not—but if you're decent with your feet, whale away at him.

Shoot in for takedowns and take him down quickly to his back. From there you'll be able to control him and he has very few offensive weapons to attack you with.

Ground-and-pound him and keep control of his position on his back.

Schaub is a poorly rated grappler from the bottom and will have trouble if he tries to submit you from there.



Roster R-Z

MATT SERRA

NICKNAME: The Terror

WEIGHT CLASSES: Welterweight

AGE: 37
HEIGHT: 5'6"
REACH: 69"
STANCE: Orthodox
OVERALL RATING: 83

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	75
Cardio	74
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	63
Clinch Striking	71
Ground Striking	74
Clinch Grapple	77
Takedown	71
Ground Top Grapple	78
Ground Bottom Grapple	75
Submission	74

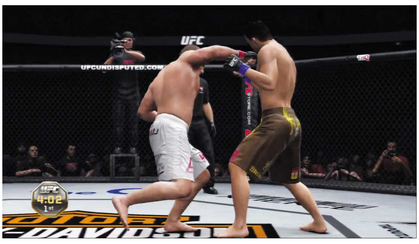
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	70
Clinch Striking	74
Ground Striking	74
Clinch Grapple	74
Takedown	74
Ground Top Grapple	77
Ground Bottom Grapple	77
Submission	80

ULTIMATE TECHNIQUES

DUCKING RIGHT HOOK

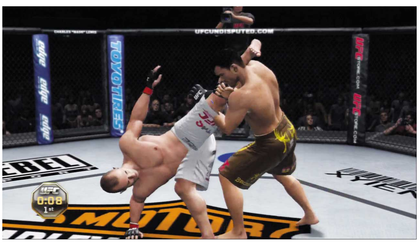
Level 2—Both Standing, Striking Range



This is Serra's knockout punch. Set it up with a flicking jab and fire away.

LEFT HEAD KICK WHILE STANDING UP

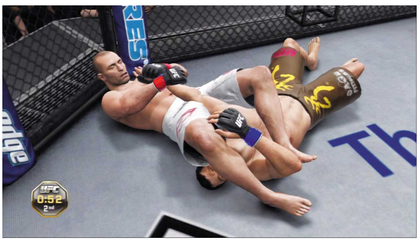
Level 3—Double Underhook Cage, Offense



What a sneaky Level 3 technique. If your opponent refuses to oblige you on the ground, stick him with this as you get up.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 3—Mount, Top



This is Serra's best submission. Get the Mount, rain down some elbows, get this armbar locked.

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Aggressive style
- Knockout power

Matt "The Terror" Serra is a tough guy and one of only two people to beat Georges St-Pierre, when he knocked him out in the first round.

Ideally, you'll want to get your opponents on the ground and flow from one submission to the other, and Matt Serra is best from the top.

He's got submissions from every angle and can use the Butterfly Guard to a direct catch triangle choke, then switch to an armbar from the bottom.

Strike for power punches and get the fight to the ground. Stay out of the clinch and make this a BJJ match where Serra is comfortable.

WEAKNESSES

- Small welterweight
- Wrestling
- Kicks

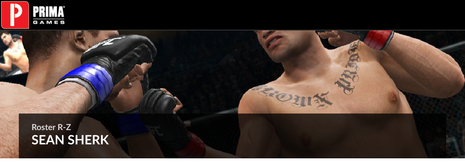
Serra is susceptible to kicks and isn't going to attack with kicks, so stay out of his punching range and pepper him with your feet.

He's going to have the reach disadvantage against other welterweights, and is either looking for the big knockout in the pocket or using his BJJ.

Clinch up to negate his power, and use clinch strikes to soften him up. Put him against the cage and lean on him.

Use knees and powerful blows to rock him and finish the fight there.

If the battle goes to the mat, you're playing with fire against a BJJ expert.



Roster R-Z

SEAN SHERK

NICKNAME: The Muscle Shark
WEIGHT CLASSES: Lightweight
AGE: 38
HEIGHT: 5'6"
REACH: 67"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	86
Speed	87
Cardio	88
Footwork	76

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	58
Clinch Striking	71
Ground Striking	78
Clinch Grapple	70
Takedown	86
Ground Top Grapple	68
Ground Bottom Grapple	70
Submission	73

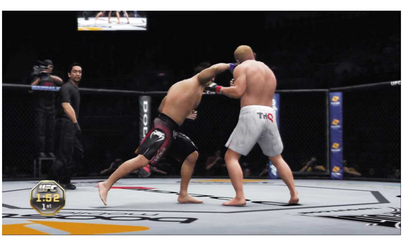
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	81
Clinch Striking	78
Ground Striking	75
Clinch Grapple	74
Takedown	85
Ground Top Grapple	74
Ground Bottom Grapple	74
Submission	83

ULTIMATE TECHNIQUES

WEAVING OVERHAND RIGHT

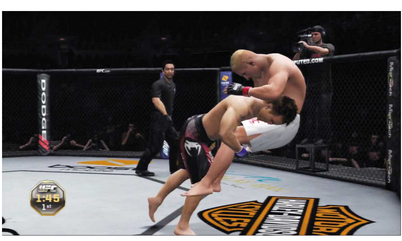
Level 3—Both Standing, Striking Range



This strong overhand right is Sherk's best standing technique. Set it up with the jab or, even better, time it as a counter punch for a knockdown.

JUMPING DOUBLE LEG TAKEDOWN

Level 3—Both Standing, Striking Range



Sherk uses this takedown from striking range. Set it up with punches and then execute the game plan.

BACK THROW TO SIDE CONTROL, RIGHT

Level 3—Back Clinch, Offense

Use the back throw to slam your opponent to the mat. You'll end up in Side Control and in position to follow with strong elbows.

STRENGTHS

- Wrestling
- Conditioning
- Strength

Sean "The Muscle Shark" Sherk is a very strong, super-athletic lightweight whose only losses in the ring have come from absolute studs (Hughes, Penn, St-Pierre, Edgar).

He's got excellent defensive skills across the board, so he will always be hard to beat, be it on the feet, on the ground, or by submission.

Sherk is a very frustrating fight to face because he makes it very hard to execute anything with success—all of his losses have been grinds.

His offensive strength lies in takedowns and his ground-and-pound, so use strong strikes on your feet and score the takedown.

He's got a Level 3 takedown or throw from most positions to go with his rating of 86, so you should see success with your takedowns.

WEAKNESSES

- Brazilian Jiu-Jitsu
- Clinch game
- Kicks

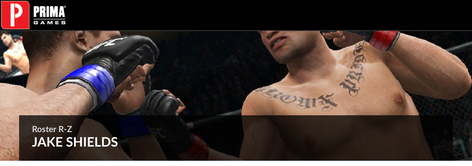
As a wrestler, Sherk likes to have a strong base. He's not going to kick very much, and he's only mediocre with his technical striking with his hands despite his strength.

He'll attempt to take you down and end up on top.

If he does, transition to a defensive position to limit his ground-and-pound, then sweep to get top position if you're able and ground-and-pound him.

He's difficult to submit, so it's best to stand up early in the fight.

Stay back from his power punches and pick him apart from outside, then step in with combinations. Get to the clinch and work Muay Thai strikes up close. Again, be wary of takedowns.



Roster R-Z

JAKE SHIELDS

NICKNAME: N/A
WEIGHT CLASSES: Middleweight
AGE: 32
HEIGHT: 5'11"
REACH: 72"
STANCE: Orthodox
OVERALL RATING MW: 86 **OVERALL RATING WW:** 86

ATTRIBUTES

ATTRIBUTE	MW RATING	WW RATING
Strength	70	72
Speed	77	77
Cardio	78	74
Footwork	74	75

OFFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	70	69
Standing Kicks	64	68
Clinch Striking	73	69
Ground Striking	73	72
Clinch Grapple	76	77
Takedown	80	83
Ground Top Grapple	80	81
Ground Bottom Grapple	79	79
Submission	85	82

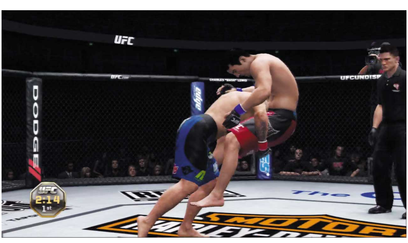
DEFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	75	73
Standing Kicks	73	71
Clinch Striking	72	73
Ground Striking	75	79
Clinch Grapple	80	80
Takedown	82	82
Ground Top Grapple	80	83
Ground Bottom Grapple	81	81
Submission	90	89

ULTIMATE TECHNIQUES

JUMPING DOUBLE LEG TAKEDOWN

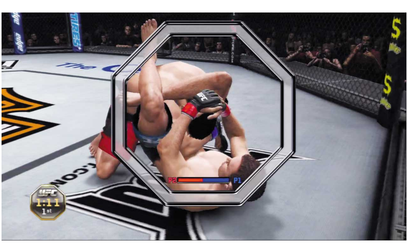
Level 3—Both Standing, Clinch Range



Shields shows off some of his top-tier wrestling with this Level 3 takedown from multiple positions.

DIRECT CATCH TO TRIANGLE CHOKE

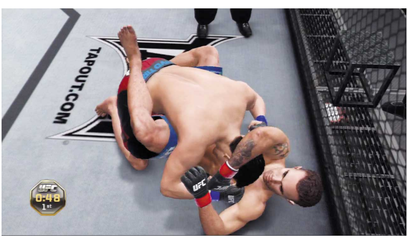
Level 2—Open Guard Clinch, Bottom



This move goes directly to a triangle choke from the Open Guard Clinch. Pair that quick move with his 89/90 defensive Submission rating and you've got a winner.

LEFT/RIGHT OTHER SIDE PUNCH

Level 2—Open Guard, Bottom



Shields can actually do some damage from the bottom with these strikes. Used sparingly they can help to set up submissions.

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Former NCAA champion
- Conditioning

Shields wants the fight on the ground by tapout, and he has the wrestling and the BJJ to get you there.

Stay away from your opponent's strikes and shoot in for a counter takedown. Advance your position and work the submission from the top.

It's all right if your opponent escapes and ends up in dominant position;

Shields is just as good off his back, with some wicked transitions, better ground strike defense, and a quick submission repertoire.

If you're on the ground and your opponent is standing and refusing to engage, scoot toward him and use a takedown on your get-up from the Up/Down position to end up on top in Side Control and in position for another submission attempt

WEAKNESSES

- Striking
- Kicks
- Power

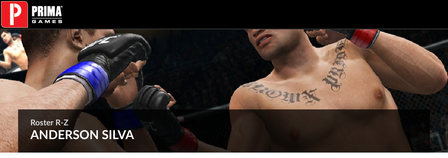
It's very simple. Keep the fight standing against Jake Shields and you will probably have the advantage.

His overall rating of 86 comes from being superb on the ground. His kicks rate in the 60s and his hands aren't much better.

He's not going to hurt you in a clinch battle either, unless he takes you down. If that happens, defend and stand up.

He's not a strong welterweight, and he's got even less power in the middleweight division.

Grab him in the clinch and work some Muay Thai, then push off and strike from range with boxing combos and kicks, as he can be knocked out.



Roster R-Z

ANDERSON SILVA

Video is restricted

NICKNAME: The Spider
WEIGHT CLASSES: Middleweight, Light Heavyweight
AGE: 36
HEIGHT: 6'2"
REACH: 75.5"

STANCE: Southpaw and Switch
OVERALL RATING LHW: 93
OVERALL RATING LHW (PRIDE): 89
OVERALL RATING MW: 94
OVERALL RATING MW (PRIDE): 90

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Strength	84	82	83	83
Speed	85	83	89	87
Cardio	85	83	86	84
Footwork	89	88	90	88

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Standing Strikes	92	89	92	89
Standing Kicks	91	89	92	89
Clinch Striking	93	89	93	89
Ground Striking	74	72	74	72
Clinch Grapple	83	79	83	79
Takedown	72	66	72	66
Ground Top Grapple	74	71	74	71
Ground Bottom Grapple	75	73	75	73
Submission	77	70	77	70

DEFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Standing Strikes	90	88	90	88
Standing Kicks	90	85	90	85
Clinch Striking	91	89	91	89
Ground Striking	82	78	82	78
Clinch Grapple	82	78	82	78
Takedown	80	75	80	75
Ground Top Grapple	80	74	80	74
Ground Bottom Grapple	77	74	77	74
Submission	82	74	82	74

ULTIMATE TECHNIQUES

LEFT HIGH FRONT KICK (ANDERSON)

Level 3—Both Standing, Striking Range

"The Spider's" devastating front kick famously dropped Vitor Belfort in a blink at UFC 126. It is thrown while moving backward—use this technique to keep the opponent at bay.

RIGHT FLYING KNEE—BOTH STANDING, STRIKING RANGE

Level 3

Silva's knees are deadly weapons that can achieve flash KOs. Close in on the opponent with a step, then quickly follow up with a fast right flying knee.

CRUSHING LEFT/RIGHT KNEE

Level 3—Muay Thai Clinch Cage, Offense

Silva's knees become even more lethal in the clinch, especially in the Muay Thai Clinch Cage, Offense position. Batter the opponent's body and head with knees whenever you tie him up in a clinch.

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Striking
- Speed

Arguably the greatest fighter in the world, Anderson "The Spider" Silva wields some of the most lethal striking and jiu-jitsu in the UFC.

He can do it all—use his long reach and exceptional speed to pepper the opponent with quick strikes from the outside, keeping them at bay to shut down their offense.

As the fight wears on and the opponent becomes frustrated, look to land more effective technique strikes and combos.

If you aren't too concerned about the opponent's grappling ability, transition into the Muay Thai Clinch so that "The Spider" can perform clinch whips and follow them up brutal knees.

He also has excellent ground grappling skills and can lock in many effective submissions, including dangerous triangles off his back that he's used to put away multiple opponents.

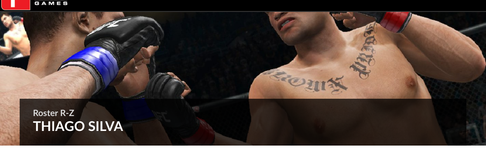
WEAKNESSES

- Takedowns
- Ground grappling
- Ground striking

Though dominant on the feet and in the clinch, Silva's ground game leaves a little to be desired—a weakness that was exploited by Chael Sonnen for almost five full rounds before "The Spider" captured victory by way of triangle from the bottom.

Learn from Sonnen's misfortune and don't linger in Silva's dangerous guard—either avoid the ground game entirely or work at transitioning to a more dominant position, such as Half Guard, where "The Spider's" submission options are dramatically reduced.

Beware of his ability to perform technique transitions from the bottom, however—block these or you may end up being swept onto your back or stuffed into Silva's Butterfly Guard, where he can quickly lock in a nasty triangle from off his back.



Roster R-Z

THIAGO SILVA

NICKNAME: N/A

WEIGHT CLASSES: Light Heavyweight
AGE: 29
HEIGHT: 6'1"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	74
Cardio	79
Footwork	73

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	74
Clinch Striking	78
Ground Striking	84
Clinch Grapple	74
Takedown	76
Ground Top Grapple	79
Ground Bottom Grapple	70
Submission	69

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	75
Clinch Striking	78
Ground Striking	73
Clinch Grapple	76
Takedown	73
Ground Top Grapple	76
Ground Bottom Grapple	71
Submission	83

ULTIMATE TECHNIQUES

LEFT OVER STRONG HOOK

Level 3—Both Standing, Striking Range

This is a monster left hook in the pocket. Jab and follow for a 1-3. Throw the same punch with your right hand for a Level 3 right.

SUPLEX TO SIDE CONTROL RIGHT, TOP

Level 2—Double Underhook, Offense

Set this up with strikes. Clinch double underhooks and use a technique minor transition to slam your opponent. This opens up a transition to the Salaverry and some Level 3 elbows.

LEFT/RIGHT HAMMER FIST

Level 2—Mount, Top

This is Silva's bread and butter. Posture up and rock your opponent from Mount with these hammers, then lay it on with Level 3 right and left hooks to finish.

STRENGTHS

- Striking
- Aggressive style
- Finishing ability

Silva has ended careers with his monster strikes, and his famous finish of Houston Alexander in 2007 makes highlight reels to this day. Use strong strikes to hurt opponents and take them to the ground for vicious ground-and-pound.

When you rock your opponents, press the Technique Modifier trigger and press your lefts and rights to unleash a flurry of Level 3 strikes to finish them quickly. He's more brawler than boxer, and he's very offensive-minded with decent cardio, so pour on the strikes.

Mix in a leg kick here and there to keep your opponents guessing, but be careful trying to stand up with strikers like Lyoto Machida or Jon Jones.

WEAKNESSES

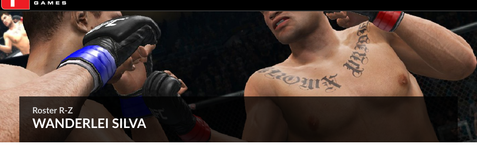
- Submissions
- Takedown defense
- Grappling

You know what you are going to get with Thiago Silva. It's going to be a war, and not a very technical one.

Stay away from his big power punches and take him down. He struggles from his back and he hasn't submitted anybody in over five years.

Silva on top of you is a very bad thing, but you on top of him is very good—his power is nullified and you have a good chance of winning the position battle against him with most of the light heavyweights available.

On the feet, box him; don't slug it out. Stick and move and keep your head covered.



Roster R-Z

WANDERLEI SILVA

NICKNAME: The Axe Murderer
WEIGHT CLASSES: Light Heavyweight and Middleweight
AGE: 35
HEIGHT: 5'11"
REACH: 74"

STANCE: Orthodox and Switch
OVERALL RATING LHW: 86
OVERALL RATING LHW (PRIDE): 88
OVERALL RATING MW: 86
OVERALL RATING MW (PRIDE): 88

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Strength	78	86	75	85
Speed	76	80	77	81
Cardio	78	82	79	83
Footwork	74	75	75	75

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Standing Strikes	78	82	78	82
Standing Kicks	74	76	74	76
Clinch Striking	86	87	86	87
Ground Striking	81	83	81	83
Clinch Grapple	84	85	84	85
Takedown	69	73	69	75
Ground Top Grapple	70	70	70	70
Ground Bottom Grapple	72	77	72	74
Submission	70	69	70	69

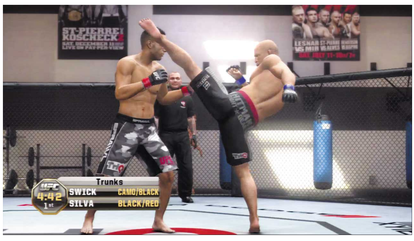
DEFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Standing Strikes	71	73	71	73
Standing Kicks	76	77	76	77
Clinch Striking	80	80	80	80
Ground Striking	75	78	75	78
Clinch Grapple	80	81	80	81
Takedown	73	75	73	75
Ground Top Grapple	78	70	78	76
Ground Bottom Grapple	74	78	74	76
Submission	84	83	84	83

ULTIMATE TECHNIQUES

ONE STEP LEFT HEAD KICK

Level 2—Both Standing, Striking Range



Counter with this quick kick and you can devastate your opponent or even pop a one-hit knockdown.

STRONG RIGHT HOOK

Level 3—Single Collar Tie

Use this Level 3 power shot to rock your opponent and help you move to the Muay Thai Clinch for the finish.

CRUSHING LEFT/RIGHT KNEE

Level 2—Muay Thai Clinch Cage, Offense

Pushing your opponent up against the cage is where you want to be. Posture back in the clinch and drive these knees to his face.

STRENGTHS

- Striking
- Aggressive style
- World-class experience

Wanderlei "The Axe Murderer" Silva is a very experienced Muay Thai fighter and is awesome in the clinch. Wade in with kicks and punches and tie up your opponent in the Single Collar Tie.

Pummel to a Muay Thai Clinch (it's even better with your opponent's back against the cage) and punish your foe with clinch punches, elbows, and knees. Defend against transitions and keep the fight in the clinch, where Silva is world-class.

He's not a grappler or a wrestler—he is a Muay Thai specialist whose offensive and defensive attributes can be 6–10 points better once the fight goes to close range. From kicking range, protect your head and launch each of your two Level 2 kicks to work your way in.

WEAKNESSES

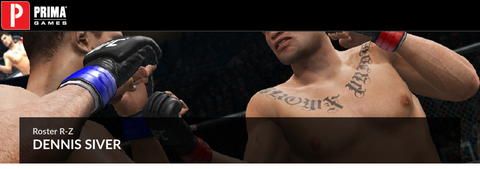
- Prone to KO
- Submissions
- Ground game

Get Silva on the ground—he is the least dangerous there. A good game plan is to strike some from the outside to test his chin early, then counter with a takedown when he charges forward with strikes.

Silva on his back is not very dangerous (he hasn't submitted anyone in over a decade), and most fighters have the grappling advantage.

He's vulnerable to ground-and-pound but has decent submission defense, so maintain dominant position and grind it out on top.

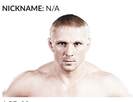
If you end up back on the feet, stay out of the clinch and repeat. Strike and shoot for the takedown.



Roster R-Z

DENNIS SIVER

NICKNAME: N/A



WEIGHT CLASSES: Lightweight

AGE: 32
HEIGHT: 5'7
REACH: 70"
STANCE: Orthodox
OVERALL RATING: 81

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	79
Cardio	80
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	84
Clinch Striking	75
Ground Striking	73
Clinch Grapple	64
Takedown	68
Ground Top Grapple	62
Ground Bottom Grapple	62
Submission	64

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	83
Clinch Striking	70
Ground Striking	70
Clinch Grapple	66
Takedown	77
Ground Top Grapple	63
Ground Bottom Grapple	66
Submission	72

ULTIMATE TECHNIQUES

LEFT/RIGHT ROLLING SOBBAT

Level 3—Both Standing, Striking Range

Level 3—Both Standing, Striking Range

LEFT/RIGHT HEAD KICK

Level 3—Both Standing, Striking Range

Siver snaps these up to the opponent's head with good power. Use the left after a quick 1-2 punch combination.

RIGHT KARATE BACK KICK

Level 2—Both Standing, Striking Range

Use this awesome technique when your opponent is rocked on his feet. Cruel, yes, but this is a fight!

STRENGTHS

- Knockout power
- Striking
- Submissions

Dennis Siver comes from a background in European kickboxing and has great knockout power with punches and dynamic kicks.

He's had tough battles in the ring over the years, with big wins from a spinning back kick TKO and a grueling decision victory over George Sotiropoulos.

Utilize his techniques in the stand-up game, and stay out of the clinch.

He's one of the lowest-rated guys in the division, but he can knock out anybody with his big shots and he's got a good chin.

Mix up striking combinations and change levels to keep your opponent guessing. Stay technical, and defend religiously against any takedown attempts.

WEAKNESSES

- Grappling
- Clinch game
- Submissions

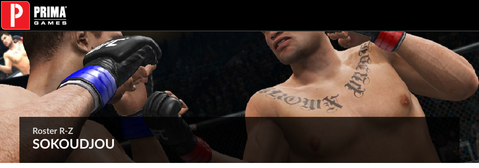
Dennis Siver is totally one-dimensional for an UFC fighter. He is a stand-up kickboxer who is a woeful grappler and nowhere near as comfortable in the Muay Thai Clinch.

Though he does have many submission victories in his career, you are much safer on the ground, where he has less power in his striking and you are sure to win the transition battles.

When the fight begins, set up a takedown with punches, but don't stand with him.

Get to the clinch and take him down as fast as possible. Control him, ground-and-pound, and search for your submission.

His overall rating is an 81, but he drops far below that once you take him off his feet.



Roster R-Z
SOKOUDJOU

NICKNAME: The African Assassin
WEIGHT CLASSES: Light Heavyweight (PRIDE)
AGE: 22
HEIGHT: 6'0"
REACH: 78"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	83
Cardio	70
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	80
Clinch Striking	82
Ground Striking	80
Clinch Grapple	75
Takedown	75
Ground Top Grapple	77
Ground Bottom Grapple	73
Submission	60

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	75
Clinch Striking	77
Ground Striking	73
Clinch Grapple	76
Takedown	74
Ground Top Grapple	75
Ground Bottom Grapple	75
Submission	72

ULTIMATE TECHNIQUES

RIGHT FLYING HEAD KICK

Level 2—Both Standing, Striking Range

This is a quick, powerful kick that closes the distance to your opponent. Lead with it and follow with some punches inside.

JUDO HIP THROW TO SIDE CONTROL LEFT/RIGHT, TOP

Level 2—Double Underhook, Defense

Sokoudjou has good judo skill, and this hip toss is available when your opponent has double underhooks or a body lock. Throw them and strike with hammer fists from the top.

STRONG RIGHT HOOK

Level 3—Single Collar Tie

This big punch inside will do some damage from a neutral clinch position.

STRENGTHS

- Judo
- Striking
- Knockout power

Sokoudjou is a powerful striker with some big knockout wins over the course of his career.

He scored a first-round KO over Rogerio Noguiera (23 seconds) in PRIDE and knocked out big Bob Sapp in the first round as well two years later.

In the clinch and standing are where Sokoudjou's strengths lie, and he's got great power in his hands. Use his speedy delivery of kicks, but watch his stamina.

When the fight goes to the ground and you're on top, posture up and use his Level 2 hammer fists.

From his back, defend and get back up to your feet as quickly as possible. Go for the KO.

WEAKNESSES

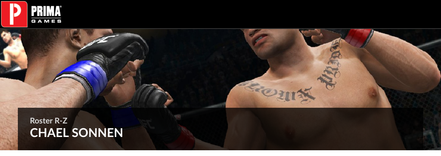
- Submissions
- Cardio
- Working off his back

Despite some dynamic victories over his career, Sokoudjou has been just a bit better than a .500 fighter in the win/loss column since he entered the ring.

He's never submitted anyone, and he can fall victim to submissions when he is put on his back.

Get him on the ground and make him work to test his stamina—it'll make kicking all the more difficult for him when you go back up to the feet.

Get the dominant position, ground-and-pound, and then work for a submission.



Roster R-Z

CHAEL SONNEN

Video is restricted

NICKNAME: N/A

WEIGHT CLASSES: Middleweight
AGE: 34
HEIGHT: 6'1"
REACH: 74"
STANCE: Southpaw and Switch
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	86
Speed	79
Cardio	87
Footwork	76

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	62
Clinch Striking	70
Ground Striking	87
Clinch Grapple	84
Takedown	87
Ground Top Grapple	78
Ground Bottom Grapple	75
Submission	70

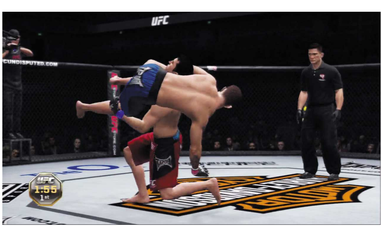
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	75
Clinch Striking	74
Ground Striking	78
Clinch Grapple	86
Takedown	83
Ground Top Grapple	70
Ground Bottom Grapple	78
Submission	65

ULTIMATE TECHNIQUES

DRIVING DOUBLE LEG TAKEDOWN

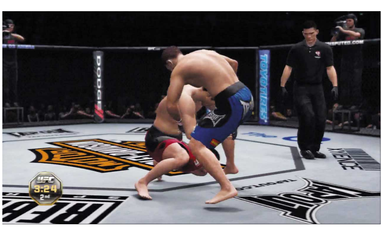
Level 3—Both Standing, Striking Rang



This is a classic double leg wrestling takedown, and it lands Sonnen in Side Control. Press the Technique Modifier button and perform a minor transition down to a Salaverry for some nice ground-and-pound.

TRANSITION TO A SINGLE LEG TAKEDOWN

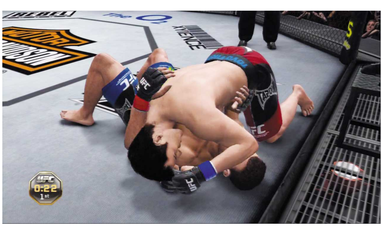
Level 3—Side Control, Bottom



This slick transition will escape the bottom position and take your opponent down to the matt

LEFT ELBOW STRIKE

Level 3—Side Control, Top



Posture up and smash this heavy elbow
into your opponent

STRENGTHS

- Wrestling
- Constant pressure
- Conditioning

Chael Sonnen definitely holds the belt in trash-talking leading up to a fight, but he has the skills and record to back it up.

He is a tough ground-and-pound wrestler who tested Anderson Silva in a title match before getting caught in a late fifth-round triangle.

Take your opponent down and get on top, where Sonnen is comfortable, and impose your will. Hammer strikes and maintain top control.

When you're in Side Control, use the Movement stick and the Technique Modifier trigger to turn weak punches into huge elbows from the top.

Sonnen's in excellent condition, so pour on the offense and keep the pressure on to rock your opponent.

WEAKNESSES

- Kicks
- Submissions
- Clinch strikes

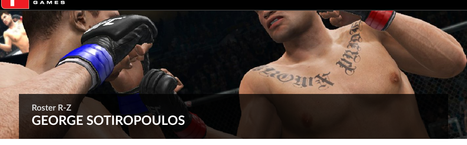
Sonnen is not a Muay Thai practitioner, so watch out for takedowns from the clinch.

Keep your distance and sprawl at his takedowns when you're at striking range.

He's not going to damage you very much with kicks and punches from his feet, but he will grind on you if he gets you down to the ground.

Box with him, use the Muay Thai Clinch to work knees, and then take him down for a submission from the top after he is hurt.

He can be knocked out, but he's not going to get tired. Most fighters will have the advantage in submission battles.



Roster R-Z

GEORGE SOTIROPOULOS

NICKNAME: N/A
WEIGHT CLASSES: Lightweight
AGE: 34
HEIGHT: 5'10"
REACH: 71"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	78
Speed	73
Cardio	85
Footwork	70

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	70
Standing Kicks	70
Clinch Striking	76
Ground Striking	74
Clinch Grapple	77
Takedown	78
Ground Top Grapple	84
Ground Bottom Grapple	84
Submission	82

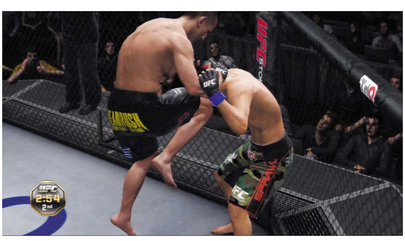
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	71
Standing Kicks	75
Clinch Striking	79
Ground Striking	79
Clinch Grapple	77
Takedown	82
Ground Top Grapple	81
Ground Bottom Grapple	83
Submission	85

ULTIMATE TECHNIQUES

FLYING LEFT/RIGHT KNEE

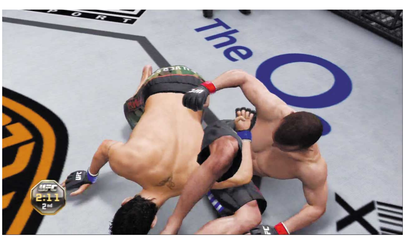
Level 2—Muay Thai Clinch Cage, Offense



These are Sotiropoulos's best strikes on his feet. The cage prevents your opponent from moving, and these dynamic flying knees will destroy your opponent's will—and face.

SWEEP TRANSITION TO BACK SIDE CONTROL RIGHT, TOP

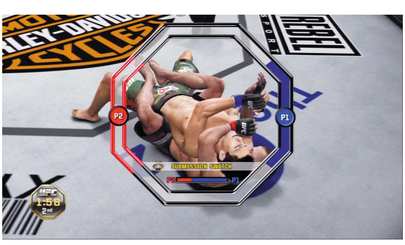
Level 3—Rubber Guard, Bottom



Sotiropoulos is a good grappler from his back. From guard, transition to Rubber Guard and use this sweet sweep to get Back Side Control for a direct catch to a rear naked choke.

UPWARD REAR NAKED CHOKE

Level 2—Back Side Control, Top



Catch this submission from multiple positions from the back. It's a Level 2 and here's a submission switch option to a Level 2 armbar from the top

STRENGTHS

- Well rounded
- Conditioning
- Discipline

George Sotiropoulos is a well-rounded grappler and carries an impressive skill set. Though he's not going to dazzle anyone on his feet, he's a worker in the clinch and has good cardio, so stay active and try to take the battle to the ground against solid strikers.

He's finished the majority of his wins in the Octagon by way of tapout, and he's got a lot of offensive positions on the ground, like his Rubber Guard and Butterfly Guard.

Most every ground position has submissions that can be tried, and when he gets the back it's bad news.

Maintain control of your opponent. Lock in the body triangle from the rear and open your opponent up with strikes.

If you rock your opponent, the rear naked choke is difficult to escape.

WEAKNESSES

- Boxing
- Kicks
- Slow

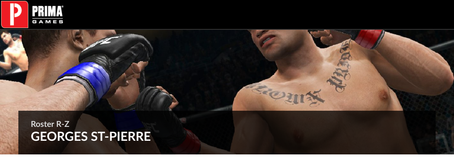
Sotiropoulos is a handful on the ground whether he's on top or bottom. Keep the fight standing and from striking range to nullify any advantage he may have in the clinch.

He's basically a pure submission grappler. Stick and move, and counter his strong strikes.

Block his clinch grapples and takedown attempts and push off. If you're using a good kickboxer in the lightweight division, stay back and fire powerful kicks at him.

He'll have trouble closing the distance and you will be able to pick him apart.

Even if you're on par with him in the grappling department, exploit his weakness on the feet and keep the fight a stand-up match.



Roster R-Z

GEORGES ST-PIERRE

Video is restricted

NICKNAME: Rush
WEIGHT CLASSES: Welterweight and Middleweight

AGE: 30
HEIGHT: 5'10"
REACH: 75"
STANCE: Orthodox and Switch
OVERALL RATING WW: 92 **OVERALL RATING:** 92

ATTRIBUTES

ATTRIBUTE	MW RATING	WW RATING
Strength	82	80
Speed	86	89
Cardio	88	90
Footwork	85	87

OFFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	85	85
Standing Kicks	85	85
Clinch Striking	72	72
Ground Striking	81	81
Clinch Grapple	82	82
Takedown	92	93
Ground Top Grapple	85	85
Ground Bottom Grapple	82	82
Submission	74	74

DEFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	80	80
Standing Kicks	82	82
Clinch Striking	76	76
Ground Striking	80	80
Clinch Grapple	80	80
Takedown	88	88
Ground Top Grapple	80	80
Ground Bottom Grapple	74	74
Submission	81	81

ULTIMATE TECHNIQUES

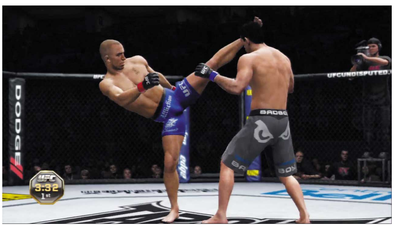
LEFT QUICK SUPERMAN PUNCH

Level 3—Both Standing, Striking Range

This is a jab on steroids, a Level 3 straight leading left. Use it as a quick counter—often.

GSP'S HEAD KICK

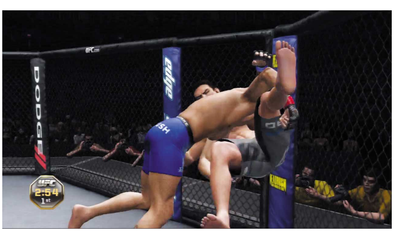
Level 3—Both Standing, Striking Range



Kyokushin karate at its finest leads to KOs. Just ask Matt Hughes.

LEG SWEEP DOUBLE LEG TAKEDOWN

Level 3—Single Collar Tie



This is GSP's best takedown, and he drops to it from standing or any neutral or offensive clinch to land in Side Control. If your opponent clinches, respond with this.

STRENGTHS

- Athleticism
- Very well rounded
- Discipline

Georges "Rush" St-Pierre is (GSP) one of the top pound-for-pound fighters in the world, and one of the best overall athletes.

His strength lies in his ability to dominate both standing and on the ground, and you'll be hard pressed to make him tired because he has a 90 Cardio rating.

He has tremendous boxing and karate, and his takedowns are some of the best in the game.

Blast away with punches and kicks, then take down your opponent and impose your will. The progression called out in the "Ultimate Techniques" section is an effective combination of punches to a kick to a takedown.

It's very frustrating for your opponent to eat some strikes from GSP only to be taken down and controlled on the mat.

WEAKNESSES

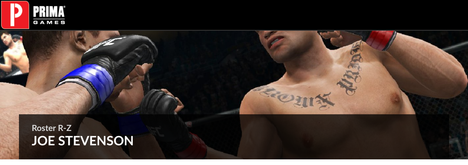
- Submissions
- Clinch strikes
- Working off his back

To say that GSP has a weakness must be done by crinkling up your face and leading with: "Well I guess you could say..." If you had to pick your poison, you'd want to take him down and make him work off his back.

Get on top and to the ground-and-pound, blocking his transitions along the way. St-Pierre's game is to strike standing, then take you down and keep control while he picks you apart from the top.

Keep your head protected from his superfast strikes, and clinch if he starts to overwhelm you on your feet.

Land some good shots in the clinch, where he is not quite as strong, but be wary of takedowns.



Roster R-Z

JOE STEVENSON

NICKNAME: Daddy

WEIGHT CLASSES: Lightweight and Featherweight
AGE: 29
HEIGHT: 5'7"
REACH: 70"
STANCE: Orthodox
OVERALL RATING LW: 83
OVERALL RATING FW: 85

ATTRIBUTES

ATTRIBUTE	LW RATING	FW RATING
Strength	79	78
Speed	79	81
Cardio	79	80
Footwork	77	78

OFFENSIVE SKILLS

SKILL	LW RATING	FW RATING
Standing Strikes	76	76
Standing Kicks	60	70
Clinch Striking	69	70
Ground Striking	78	79
Clinch Grapple	70	73
Takedown	78	82
Ground Top Grapple	70	78
Ground Bottom Grapple	75	76
Submission	75	76

DEFENSIVE SKILLS

SKILL	LW RATING	FW RATING
Standing Strikes	78	78
Standing Kicks	72	72
Clinch Striking	71	71
Ground Striking	73	73
Clinch Grapple	73	73
Takedown	75	75
Ground Top Grapple	74	74
Ground Bottom Grapple	76	76
Submission	74	74

ULTIMATE TECHNIQUES

RIGHT DUCKING UPPERCUT TO HEAD

Level 2—Both Standing, Striking Range

Lead with a jab and follow with this uppercut for a classic 1-6 combination with a built-in defensive bob and weave.

JUDO IPPON SEOI TO SIDE CONTROL LEFT, TOP

Level 3—Over/Under Hook

Stevenson can come out of nowhere with this tremendous judo throw from the neutral Over/Under position. Land in Side Control and transition to Salaverry for some elbows or to North/South for a choke.

DIRECT CATCH TO ANKLE LOCK

Level 3—Up/Down, Near

From Open Guard, stand up and watch out for up kicks. Stay close and drop down direct for this Level 3 submission. There's a submission switch to a heel hook if you need it.

STRENGTHS

- Grappling
- Submissions
- Experience

Joe Stevenson is a submission grappler with 15 career wins by tapout.

His ratings aren't that impressive (he's much better as a featherweight), but he's got a great skill set from all positions on the ground and can submission switch in multiple scenarios.

Use striking to wade in close and shoot for takedowns.

If your opponent is jumpy and defending well against the takedown, feint a takedown and throw some strong punches to get him to engage, and then counter strikes with a double leg takedown.

Keep top control and use strong strikes from the top to open up submissions. Get creative, though; it's not his attribute ratings that are his strength, but his depth of techniques.

WEAKNESSES

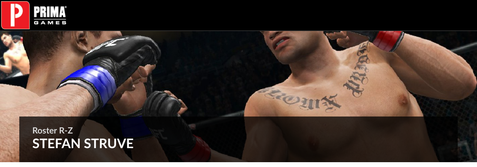
- In the clinch
- Kicks
- Small lightweight

As a featherweight, Stevenson is a tough contender and can roll with anyone out there. As a lightweight, he can be overpowered and sees a pretty dramatic drop in his attribute ratings.

Either way, muscle him around on his feet, and work Muay Thai striking and clinch to hurt him.

He doesn't deal well with dynamic kickers, and he is not going to put together many kick combos of his own. Stay outside and watch for the shoot.

Clinch and press him up against the cage so he can't take you down, then hammer him with punches, elbows, and knees to rock him. Drop and submit him when he's rocked.



Roster R-Z

STEFAN STRUVE

NICKNAME: Skyscraper

WEIGHT CLASSES: Heavyweight

AGE: 23
HEIGHT: 6'11"
REACH: 83"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	72
Cardio	86
Footwork	74

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	78
Clinch Striking	74
Ground Striking	69
Clinch Grapple	74
Takedown	66
Ground Top Grapple	80
Ground Bottom Grapple	87
Submission	85

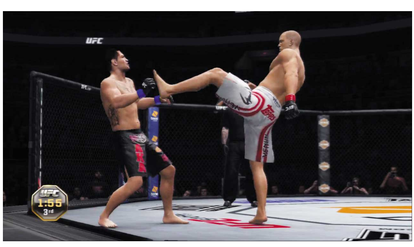
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	79
Clinch Striking	76
Ground Striking	71
Clinch Grapple	73
Takedown	73
Ground Top Grapple	82
Ground Bottom Grapple	87
Submission	82

ULTIMATE TECHNIQUES

LEFT FRONT UPPER KICK

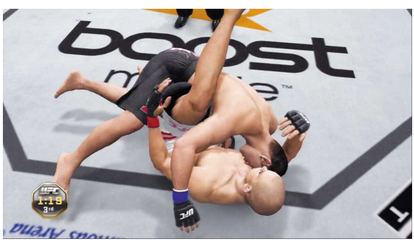
LEVEL 2 - Both Standing, Striking Range



This is a powerful counter for overly aggressive opponents. Snap a front leg kick in the face as they try to run in.

SWEEP TRANSITION TO MOUNT, TOP

Rubber Guard, Bottom



Struve is one of the few fighters to utilize the Rubber Guard, and this is a great sweep to the Mount. From Open Guard, Rubber Guard and then a technique minor transition to initiate this sweet sweep.

DIRECT CATCH TO TRIANGLE CHOKE

Level 2 - Rubber Guard, Bottom

This classic move will set up a submission switch opportunity. It can be done from Open Guard if you catch a strike, or in direct fashion if you manage to transition to Rubber Guard first.

STRENGTHS

- Knockout Power
- Submissions
- Height

Stefan "Skyscraper" Struve has a pretty obvious advantage, being nearly seven feet tall.

He is excellent off his back and locks in submissions for most of his victories, but he is a decent kicker from standing as well.

Keep your distance and pick apart opponents with his length, and look for submissions when it goes to the ground.

If you find yourself on the bottom, he's very good at getting back to a defensive guard position and then attacking with submissions from his back, so stay busy and transition to favorable positions with his highly rated ground grappling from the bottom.

Use Rubber Guard and lock in the triangle for some bragging rights.

WEAKNESSES

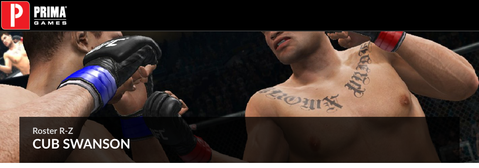
- Ground Striking
- Slow
- Wrestling

Struve is a long but fairly slow heavyweight who falls near the bottom end of Strength ratings for heavyweights. He can be easily countered by quicker boxers.

Box with him in the pocket—most of his losses are from knockouts.

He's mediocre in the clinch and he's going to have a difficult time taking anybody down to the mat. Work inside to set up some slips and counter punches.

If you get on the ground with him on his back, it may be best to stand up (especially on the harder difficulty levels), because he will try to submit you. Fight him off and make the ref stand him up.



Roster R-Z

CUB SWANSON

NICKNAME: N/A
WEIGHT CLASSES: Featherweight
AGE: 28
HEIGHT: 5'7"
REACH: 70"
STANCE: Orthodox and Switch
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	78
Speed	80
Cardio	81
Footwork	76

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	82
Clinch Striking	75
Ground Striking	78
Clinch Grapple	72
Takedown	80
Ground Top Grapple	79
Ground Bottom Grapple	77
Submission	75

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	78
Clinch Striking	77
Ground Striking	80
Clinch Grapple	75
Takedown	79
Ground Top Grapple	81
Ground Bottom Grapple	79
Submission	74

ULTIMATE TECHNIQUES

RIGHT FLYING HEAD KICK

Level 1 - Both Standing, Striking Range

Cub Swanson has some Level 2 strikes from his feet, but this kick covers some extra ground to your opponent.

JUDO HIP THROW TO SIDE CONTROL, TOP

Level 1 - Double Underhook, Defense

Whether you've got the underhooks or your opponent does, Swanson's got a throw that will land him in Side Control with a lot of options. This one reverses things from the defensive position.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 2 - North/South, Top

A quick transition from Side Control to the North/South position, this armbar is a Level 2 sub.

STRENGTHS

- Grappling
- Training Camp
- Brazilian Jiu-Jitsu black belt

Cub Swanson is known for his BJJ, but he is no slouch in the striking category either. He's got good defense all the way around and has great takedown from even defensive positions.

Once on the ground, he can flow nicely from position to position, and there are submission options at every turn.

But, every fight starts on the feet, so use Swanson's kicking to rock opponents. He's got very easy head kicks to catch in his arsenal, and Level 2 punches to go with them.

Stay out in kicking range and use the lunging techniques to wade in with powerful blows to set up the takedown. Don't force it though—no need—and take advantage of Swanson's great striking skill set.

WEAKNESSES

- Clinch
- Power
- Footwork

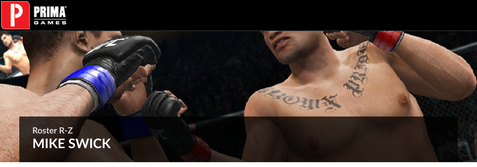
Swanson has finished some fights by KO over the years, but he can be vulnerable to Muay Thai.

He was notoriously knocked out in seconds by Jose Aldo's running/ flying knee, and his lowest ratings are in the clinch.

He's a good straight-ahead striker, but isn't especially fast with his footwork, so his big strikes will land him in the pocket, vulnerable to counter strikes and clinches.

Sway out of the way of his combinations and counter with a combination of your own.

He has no Level 3 techniques in his repertoire and can't submission switch despite the BJJ advantage. He's not going to stop folks with a couple of blows. It will probably be a grind.



Roster R-Z

MIKE SWICK

NICKNAME: Quick

WEIGHT CLASSES: Middleweight and Welterweight
AGE: 32
HEIGHT: 6'1"
REACH: 76.5"
STANCE: Orthodox
OVERALL RATING MW : 84
OVERALL RATING WW: 85

ATTRIBUTES

ATTRIBUTE	MW RATING	WW RATING
Strength	70	69
Speed	86	88
Cardio	82	83
Footwork	82	83

OFFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	82	82
Standing Kicks	79	79
Clinch Striking	74	74
Ground Striking	69	69
Clinch Grapple	72	72
Takedown	73	73
Ground Top Grapple	69	69
Ground Bottom Grapple	67	67
Submission	73	73

DEFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	78	78
Standing Kicks	78	78
Clinch Striking	79	79
Ground Striking	72	72
Clinch Grapple	68	68
Takedown	76	76
Ground Top Grapple	75	75
Ground Bottom Grapple	72	72
Submission	76	76

ULTIMATE TECHNIQUES

RIGHT SUPERMAN PUNCH

Level 2 - Both Standing, Striking Range

Swick the "Quick" uses this powerful punch to rock opponents. If your opponent likes to sway away from your jabs and counter, double jab and follow with this or feint a jab and stick him.

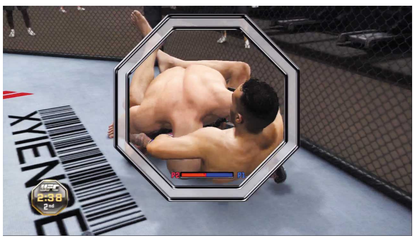
RIGHT ROLLING SOBBAT

Level 2 - Both Standing, Striking Range

Swick's not the strongest, but he's fast. Counter a charging opponent with this Level 2 kick to mix up the levels and keep your opponent guessing.

SUBMISSION REVERSE TO GUILLOTINE CHOKE

Level 3 - Double Leg Clinch Cage, Defense



This is a superb Level 3 submission reversal that catches your opponent when he drops down for a double-leg at the cage. He wanted to put you on the mat—oblige him with a choke.

STRENGTHS

- Striking
- Speed
- Aggressive style

Mike "Quick" Swick is pretty decent on his feet, and his 76.5" reach helps to keep opponents at bay. Keep the fight standing, period.

Swick is not a BJJ specialist by any means, and his strength lies in his speed on his feet.

Pop quick-strike left jabs to keep your opponent off of you, and use Muay Thai kicks to rock him.

If your opponent clinches, attempt to shrug him off, or use a minor transition to a Muay Thai Clinch, Offense and throw some crushing knees.

When the fight goes to grappling, use his Level 3 Guillotine Choke, which shows up pretty much any time your opponent's neck is exposed, and Swick can reverse with it too.

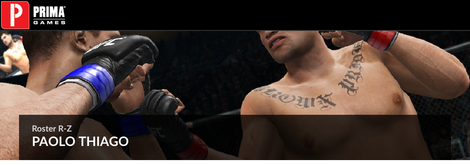
WEAKNESSES

- Ground Game
- Power
- Working in the clinch

Swick is a crafty striker who will come at you fast, but not with a ton of power. He's long and rangy, so get him on the mat and make him work from his back.

Counter his long punches with a clinch and take him down, then work the ground-and-pound and block his transitions to keep the dominant position on the mat.

Try to get submission. Even if he escapes it and ends up on top, his Ground Top Grapple and Ground Striking ratings are in the 60s, so most guys in the welterweight division will be able to get back to a safe spot.



Roster R-Z

PAOLO THIAGO

NICKNAME: N/A
WEIGHT CLASSES: Welterweight
AGE: 30
HEIGHT: 5'11"
REACH: 74.5"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	70
Speed	76
Cardio	74
Footwork	76

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	73
Clinch Striking	72
Ground Striking	74
Clinch Grapple	72
Takedown	73
Ground Top Grapple	78
Ground Bottom Grapple	77
Submission	81

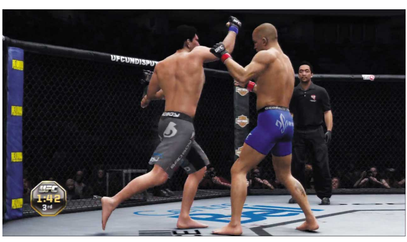
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	75
Clinch Striking	79
Ground Striking	75
Clinch Grapple	70
Takedown	70
Ground Top Grapple	75
Ground Bottom Grapple	79
Submission	80

ULTIMATE TECHNIQUES

RIGHT LONG UPPERCUT

Level 2 — Both Standing, Striking Range



This is Thiago's most powerful technique from standing. Step your way into the pocket and throw this looping uppercut as a counter.

STRIKE CATCH TO ARMBAR FROM THE BOTTOM

Level 2 — Open Guard, Bottom

This sweet submission can turn the tide of a match quickly. If your opponent is attempting to ground-and-pound you, use this technique submission to catch his punches and lock in an armbar with a possible switch to a triangle.

TRANSITION TO BUTTERFLY GUARD

Level 2 - Side Control, Bottom

Thiago has great grappling skills, and this transition from Side Control, Bottom straight to the Butterfly Guard gives you a direct catch to a triangle.

STRENGTHS

- Aggressive style
- Well rounded
- Submissions

Paulo Thiago has a nice submission repertoire, and he sees his highest attribute ratings there.

He's not a great stand-up guy, but he's never been knocked out in the Octagon, and he lands in the middle of the welterweight pack for most of the stand-up.

Thiago is a fun fighter to control, as he is well rounded and can finish a grappling match quickly from almost any position.

If you're facing a grappler (Jake Shields, BJ Penn), stand up and box. If you're facing a striker, take the fight to the ground and work for a submission.

He's got a few submission switches to play with, so if you start to lose the mini-game, switch to the next hold to restart the submission battle.

WEAKNESSES

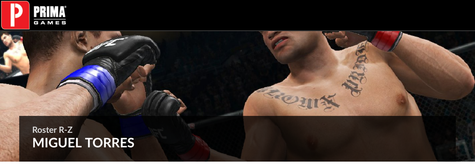
- Clinch game
- Kicks
- Power

In an interesting twist, strength is one of Thiago's weaknesses. He's not a very powerful guy, and he's pretty much a submission grappler, with the majority of his victories coming from tapout.

Keep the fight standing against him as much as possible and stay out of his guard if the battle does go to the ground.

He's not going to do much damage with his kicks, and he struggles from the clinch. Your best game plan is to stand up and pick him apart on his feet.

If you're fighting as a Matt Hughes or Jake Shields type of welterweight, use ground strengths to attack and block Thiago's submission attempts.



Roster R-Z

MIGUEL TORRES

NICKNAME: N/A
WEIGHT CLASSES: Bantamweight
AGE: 30
HEIGHT: 5'9"
REACH: 76"
STANCE: Orthodox and Switch
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	84
Cardio	77
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	78
Clinch Striking	75
Ground Striking	74
Clinch Grapple	75
Takedown	72
Ground Top Grapple	84
Ground Bottom Grapple	85
Submission	85

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	74
Clinch Striking	74
Ground Striking	75
Clinch Grapple	75
Takedown	75
Ground Top Grapple	85
Ground Bottom Grapple	85
Submission	87

ULTIMATE TECHNIQUES

WHIP RIGHT STRAIGHT

Level 2—Both Standing, Striking Range

Torres throws this cross from most fighters' kicking range. Sway back and counter from outside with this punch.

PULL GUARD TO OPEN GUARD CLINCH, BOTTOM

Level 2—Single Collar Tie

This is an awesome surprise. From almost any clinch, pull guard and then direct catch a kimura or omoplata. This nullifies good strikers and is great if you rock someone on his feet.

TEKKER 3

Level 3—Back Mount, Top

Obviously this is an advantageous position for any fighter, but Torres smashes opponents with elbows and sets up a Level 2 Rear Naked Choke.

STRENGTHS

- Striking
- Submissions
- Height

Miguel Torres has a 6'4" reach in a division against a bunch of 5'3" guys.

On top of this obvious advantage, he's great on his feet and can deal out submissions with ease.

He's very comfortable off of his back and has some Level 2 and Level 3 strikes from there to go with submissions.

He's one of the few fighters who can truly punish guys from the bottom position, so mix in a strike or two if they try to posture up, then transition to standing or lock in the submission.

Torres has a fun arsenal of techniques and can win a match from every angle.

WEAKNESSES

- Muay Thai
- Wrestling
- Ground strikes

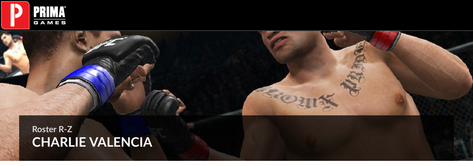
The temptation here is to shoot past Torres's rangy strikes and take him down.

His takedown defense is poor, and getting up close appears to be a safe way to negate his reach advantage.

But for being a weak wrestler, he is certainly a technical grappler and has a wealth of attacks from the guard.

The best position from which to attack Torres is in the clinch, with big strikes. His clinch grappling is mediocre, so win the transitions and beat him up against the cage.

After it goes to the ground, block his transitions and submission attempts, and work the ground-and-pound.



Roster R-Z

CHARLIE VALENCIA

NICKNAME: N/A
WEIGHT CLASSES: Bantamweight
AGE: 37
HEIGHT: 5'3"
REACH: 64"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	83
Cardio	74
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	71
Clinch Striking	71
Ground Striking	72
Clinch Grapple	75
Takedown	74
Ground Top Grapple	74
Ground Bottom Grapple	75
Submission	74

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	75
Clinch Striking	75
Ground Striking	73
Clinch Grapple	76
Takedown	73
Ground Top Grapple	76
Ground Bottom Grapple	76
Submission	76

ULTIMATE TECHNIQUES

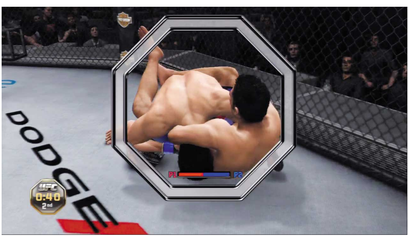
SWITCH LEFT FOOT KICK

Level 2—Both Standing, Striking Range

All fights start on the feet. Set up your opponent by throwing a couple of left body kicks, then sneak in this Level 2 kick up to the head by holding the Technique Modifier trigger as you kick.

DIRECT CATCH TO GUILLOTINE CHOKE, TOP

Level 2—Open Guard Cage, Bottom



Not only does this choke help to get you out of a bad spot, it may help you end the match!

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 2—North/South, Top

This is one of Valencia's best submissions. If you get this position, direct the Movement stick and press the Submission Attempt button to go for this armbar.

STRENGTHS

- Wrestling
- Experience
- Well rounded

Charlie Valencia's best attribute is Footwork. While his Speed rating at 83 is his best in number, these are bantamweights we are talking about—he is tied for slowest in the class.

His 82 Footwork rating lands him in the upper-middle of the pack, so despite his slowness, he can be pretty crafty in the pocket and has a Level 2 head kick that snaps up quickly for good damage.

Because he has no weak areas, attack the weak areas of your opponents and take the fight where they are most uncomfortable.

Use quick strikes to counter, and save your stamina for some big blows after you sway to set up the counters.

WEAKNESSES

- Speed
- Clinch game
- Cardio

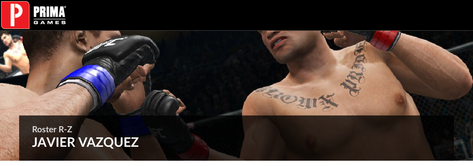
Valencia rates in the 70s in every skill area. So, he's not terrible at anything, but conversely, he's not really great at any part of the game either.

Use your strengths against him, and push the action to test his speed and cardio.

Many of the guys in the bantamweight division have excellent cardio and work ethic, but Valencia is definitely on the low end of the cardio scale.

Feel free to keep the fight on the feet, and you can clinch to negate any advantage he may have on the feet. Ground-and-pound him when it goes to the mat.

He's susceptible to being submitted, too.



Roster R-Z

JAVIER VAZQUEZ

NICKNAME: Showtime
WEIGHT CLASSES: Featherweight
AGE: 34
HEIGHT: 5'7"
REACH: 69"
STANCE: Southpaw
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	75
Speed	76
Cardio	83
Footwork	72

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	75
Clinch Striking	70
Ground Striking	73
Clinch Grapple	74
Takedown	78
Ground Top Grapple	83
Ground Bottom Grapple	81
Submission	83

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	75
Clinch Striking	72
Ground Striking	75
Clinch Grapple	74
Takedown	80
Ground Top Grapple	82
Ground Bottom Grapple	84
Submission	89

ULTIMATE TECHNIQUES

LEFT DUCKING UPPERCUT

Level 2—Both Standing, Striking Range

Every fight starts on the feet. Work your way in past your opponent's strikes with this technique power punch and look for a takedown.

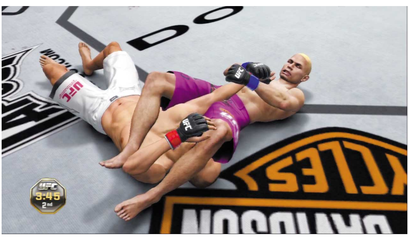
SHOOT TO DOUBLE LEG TAKEDOWN

Level 2—Both Standing, Striking Range

Wrestle your opponent down to the mat with this powerful double leg takedown. Use it as a counter to easily win the takedown.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 3—Salaverry, Top



This is a very bad position for your opponent. Rock him with some technique elbows from the Salaverry and lock in the armbar.

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Wrestling
- Experience

Javier "Showtime" Vazquez is a submission specialist and is great defensively, especially on the ground.

He's got a lot of tools and positions, but certainly one of his best is transitioning into the mounted crucifix (Salaverry) and moving directly to a Level 3 armbar from the top.

He's not super fast, but he does have decent cardio, so keep the combinations flowing and attempt transitions on the ground.

He doesn't stand and bang with strikers so don't try! Playing as Vazquez, you're in for the long haul in every match, so grind it out on the ground and pick up some impressive wins with his BJJ experience.

WEAKNESSES

- Clinch
- Boxing
- Footwork

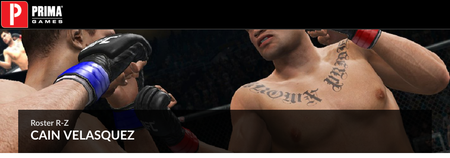
Vazquez has never knocked out his opponent in his pro career. Stand and strike with him and look for the knockout (though he's never been knocked out in his pro career, either!).

Land solid combinations to score points with the judges—stick and move.

Sway to set up big counters to end the fight on your feet. Stay away from his submissions on the ground, but you're fine in the clinch.

Muay Thai knees and elbows up close will do the most damage, but don't get taken down to the mat.

If you do, defend against his transitions and try to stand up.



Roster R-Z

CAIN VELASQUEZ

Video is restricted

PRIMA'S TOP 20

NICKNAME: N/A
WEIGHT CLASSES: Heavyweight
AGE: 29
HEIGHT: 6'1"
REACH: 77"
STANCE: Orthodox
OVERALL RATING: 92

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	85
Cardio	89
Footwork	85

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	64
Clinch Striking	82
Ground Striking	87
Clinch Grapple	85
Takedown	88
Ground Top Grapple	80
Ground Bottom Grapple	80
Submission	69

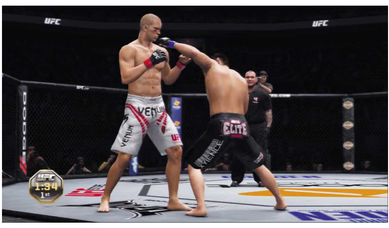
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	80
Clinch Striking	83
Ground Striking	73
Clinch Grapple	75
Takedown	87
Ground Top Grapple	84
Ground Bottom Grapple	78
Submission	87

ULTIMATE TECHNIQUES

DUCKING LEFT HOOK

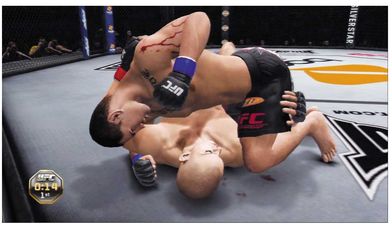
Level 3—Both Standing, Striking Range



This is a wicked Level 3 punch with a built-in sway. Throw a jab-cross, feint, and follow with this as a counterpunch for a devastating blow.

LEFT ELBOW

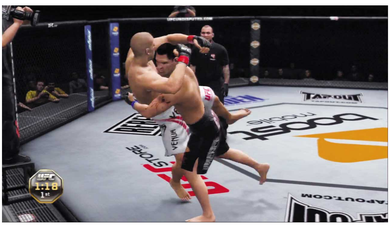
Level 3—Salaverry, Top



Ground-and-pound at its finest. From Side Control, mount your opponent with the crucifix (Salaverry), block transitions, and rain down these vicious elbow strikes.

BUSTER TO HALF GUARD CLINCH, TOP

Level 2—Body Lock, Offense



This is an awesome slam from the clinch. From Double Underhook, perform a minor transition to Body Lock and then a technique minor transition to the slam. Posture up and ground-and-pound.

STRENGTHS

- Ground-and-pound
- Speed
- Knockout power

Cain Velasquez is a super-athletic, smaller heavyweight with quick, powerful boxing.

Whether you're in the clinch, on the ground, or toe-to-toe, pour on a steady stream of combination punches to your opponent because Velasquez has fantastic cardio for a big guy.

A simple 1-2-3 (quick left jab, quick right cross, and step into a left hook) should be your bread and butter, but follow with big rights to the body (hold the Technique Modifier trigger) and use the opponent's sways and high blocks to set up takedowns when you're in the pocket.

Feint and draw a big haymaker from your opponent, then counter with a takedown for some ground-and-pound.

WEAKNESSES

- Kicks
- Working from his back
- Submissions

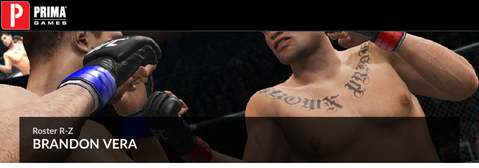
Velasquez's history is as a tremendous puncher, with eight of his first nine wins coming from knockouts from his hands.

Inside, he is deadly, so stay out of his range and pepper him with kicks high and low.

If the fight goes to the ground, get on top and block his transitions.

While Velasquez is not going to finish too many folks by submission, his Submission Defense rating is awesome at 87, so get on top and work some ground-and-pound, where his Ground Striking defense rates just 73.

Pass his guard to a dominant position and lay it on heavy.



Roster R-Z

BRANDON VERA

NICKNAME: The Truth

WEIGHT CLASSES: Light Heavyweight

AGE: 34
HEIGHT: 6'3"
REACH: 76"
STANCE: Orthodox and Switch
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	76
Speed	80
Cardio	78
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	83
Clinch Striking	80
Ground Striking	70
Clinch Grapple	82
Takedown	70
Ground Top Grapple	62
Ground Bottom Grapple	77
Submission	65

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	79
Clinch Striking	75
Ground Striking	72
Clinch Grapple	71
Takedown	72
Ground Top Grapple	64
Ground Bottom Grapple	78
Submission	76

ULTIMATE TECHNIQUES

RIGHT SWINGING ELBOW

Level 2—Muay Thai Clinch, Offense

The Muay Thai Clinch is Brandon Vera's strongest position, and this technique is a powerful Level 2 that can cut your opponent.

RIGHT REAR LEG KNEE

Level 2—Muay Thai Clinch, Offense

This technique is set up with a strong whip from the clinch. Use a technique minor transition to whip your opponent, and press the Right Kick button on the move to execute this powerful knee.

SWITCH LEFT HEAD KICK

Level 2—Both Standing, Striking Range

Vera's powerful head kicks are easy to whip out and strike with great force to the head.

STRENGTHS

- Muay Thai
- Well rounded
- Speed

Brandon "The Truth" Vera is in the top tier of Muay Thai fighters in the game.

Work stand-up and stay out in kicking range to take advantage of his length, but shoot in for the clinch to deal your serious damage.

Especially against slippery light heavy- weights like Lyoto Machida, pulling from Vera's Level 2 techniques in the clinch will give you the advantage.

He wants to stand and bang, and the eight weapons of Muay Thai (hands, feet, knees, and elbows) are at your disposal.

Mix up strikes in the clinch and defend against your opponent's transitions to maintain control.

WEAKNESSES

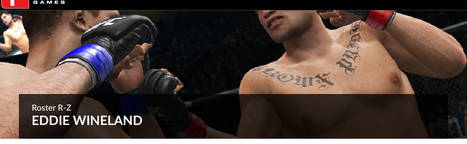
- Ground striking
- Wrestling
- Submissions

Vera's biggest weakness lies in his difficulty controlling opponents on the ground, and he struggles to put together ground-and-pound to wear them down.

He was famously knocked out by a Jon Jones elbow from the bottom, and this is reflected in his Ground Top Grapple ratings in the low 60s.

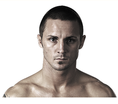
He's not going to damage you on the ground or win too many submission battles, so taking Vera down to the mat is your best bet.

If you get on top, ground-and-pound him and keep control, but you can hurt him from the bottom, too, if he struggles to dominant position.



Roster R-Z

EDDIE WINELAND



NICKNAME: N/A
WEIGHT CLASSES: Bantamweight
AGE: 27
HEIGHT: 5'7"
REACH: 69"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	84
Cardio	73
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	72
Clinch Striking	80
Ground Striking	84
Clinch Grapple	79
Takedown	75
Ground Top Grapple	75
Ground Bottom Grapple	75
Submission	72

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	75
Clinch Striking	75
Ground Striking	72
Clinch Grapple	80
Takedown	76
Ground Top Grapple	73
Ground Bottom Grapple	76
Submission	74

ULTIMATE TECHNIQUES

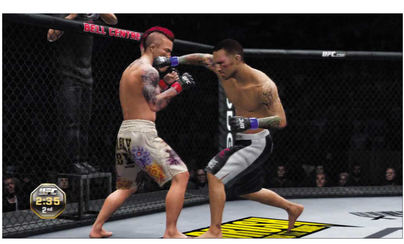
RIGHT SUPERMAN PUNCH

Level 2—Both Standing, Striking Range

You can wade in from just outside the pocket with the Superman punch or follow up with it for some devastating damage.

RIGHT HEAVY STRAIGHT

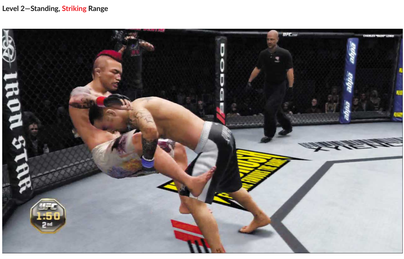
Level 2—Both Standing, Striking Range



Snap out this finishing blow in combi- nation. Sway in the pocket and 1-2 your opponent.

SHOOT TO DOUBLE LEG TAKEDOWN

Level 2—Standing, Striking Range



Even boxers can drive in for a takedown. Use this Level 2 technique to keep your opponents guessing. Set it up with punches so you don't get stuffed.

STRENGTHS

- Knockout power
- Striking
- Wrestling

Eddie Wineland is a heavy-handed boxer with a strong right.

The in-game strengths list his wrestling, and his ground striking is pretty good, but any fight with Eddie is going to be a slugfest on the feet.

During his career he's logged a "submission" victory in the real-life cage with a barrage of punches.

Set up his powerful right hand with left jabs and hooks, and counter slow kicks with his quick Superman punch or Right Heavy Straight.

Keep distance from wrestlers and grapplers, and counter takedown attempts with a quick right punch to send your opponent to the mat.

To keep your opponent guessing, set up Wineland's double leg takedown with punches and do some damage with his 84 Ground Striking rating.

WEAKNESSES

- Cardio
- Submission game
- Kicks

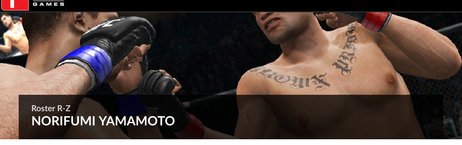
The key to any fight is to identify the opponent's weaknesses and capitalize.

Stay out of Wineland's punching range—grapple with him or kick him from range—and work the submission game.

Wineland is a one-dimensional fighter, but he has had good success with his boxing.

Mix it up and do not stand and bang with him. Most bantamweights will dominate him on the ground, and he has been a victim of submission losses multiple times in his career.

If he tries to kick you, great! He has no leveled-up kicks in his arsenal and doesn't kick to the head.



Roster R-Z

NORIFUMI YAMAMOTO

NICKNAME: Kid
WEIGHT CLASSES: Bantamweight
AGE: 34
HEIGHT: 5'4"
REACH: 66"
STANCE: Southpaw
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	86
Cardio	74
Footwork	83

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	78
Clinch Striking	75
Ground Striking	79
Clinch Grapple	79
Takedown	80
Ground Top Grapple	80
Ground Bottom Grapple	78
Submission	70

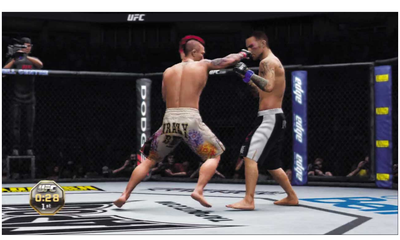
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	75
Clinch Striking	75
Ground Striking	74
Clinch Grapple	79
Takedown	82
Ground Top Grapple	82
Ground Bottom Grapple	79
Submission	80

ULTIMATE TECHNIQUES

LUNGING RIGHT HOOK

Level 2—Both Standing, Striking Range



From a southpaw, this lead hook comes over the top of the orthodox fighter's left-hand defense. The lunging step nicely covers ground to the inside from kicking range.

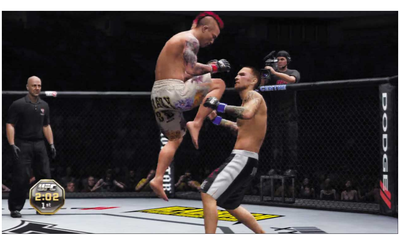
ONE FEINT HEAD KICK

Level 1—Both Standing, Striking Range

This lead leg kick has a built-in feint with the left leg and is a nice start to an attack. Recover and follow with a quick left cross and a strong right hook.

RIGHT JUMPING KNEE

Level 2—Both Standing, Striking Range



Step in and throw this super-quick flying knee to the jaw to rock your opponent.

STRENGTHS

- Wrestling
- Knockout power
- Athleticism

Norifumi "Kid" Yamamoto is a strong, agile bantamweight stand-up fighter.

He's decent on the ground, but his real strength lies in explosive kickboxing (flying knees, dynamic kicks, lunging punches).

He is a decent wrestler, too, but with the depth of wrestlers and grapplers in the bantamweight division, it's best to keep the fight standing to give "Kid" the advantage.

Stay in kicking range to utilize the Muay Thai kicks to your benefit, then shuffle in for some solid punch combinations.

Mix in a flying knee here and there to rattle your opponent, but resist the urge to get too fancy and put yourself in harm's way.

Stay fundamental and manage the distance and in/out of your opponent.

WEAKNESSES

- Submissions
- Cardio
- Ground defense

For such a dynamic, active fighter, Yamamoto's Cardio attribute rates as a paltry 74.

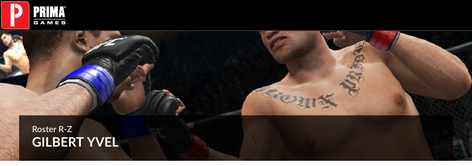
In such a stacked division of little guys, he can be outworked for sure. He's fairly well rounded, but is not a grappler by any means.

Take him down and transition to a dominant position for some ground-and- pound.

He's got the second-worst offensive Submission rating in the weight class, but he has good submission defense.

If you're looking to finish the fight quickly, you should be able to work him over on the mat.

Get on top, rock him, and lock in a submission, or, if you're a BJJ guy, suck him into a triangle from your back when it goes to the ground.



Roster R-Z

GILBERT YVEL

NICKNAME: The Hurricane
WEIGHT CLASSES: Heavyweight (PRIDE)
AGE: 30
HEIGHT: 6'2"
REACH: 77"
STANCE: Orthodox and Switch
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	77
Cardio	77
Footwork	81

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	80
Clinch Striking	84
Ground Striking	85
Clinch Grapple	84
Takedown	64
Ground Top Grapple	66
Ground Bottom Grapple	60
Submission	66

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	80
Clinch Striking	86
Ground Striking	73
Clinch Grapple	80
Takedown	67
Ground Top Grapple	68
Ground Bottom Grapple	64
Submission	68

ULTIMATE TECHNIQUES

RIGHT UPPERCUT

Level 3—Single Collar Tie, Muay Thai Clinch

This is an easy position to attain and a powerful, Level 3 punch that punishes opponents. Clinch and whale.

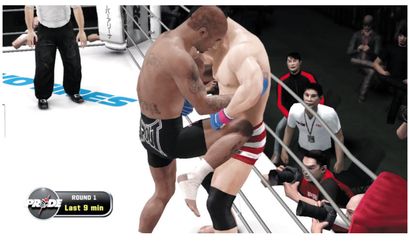
RIGHT ROLLING SOBBAT

Level 2—Both Standing, Striking Range

A perfect end to a punch combination or, even better, as a counter body kick to an opponent, this back spin kick is a great technique kick that you can fire while backing up from a charging opponent.

STRONG RIGHT KNEE TO BODY

Level 2—Double Underhook Cage, Offense



If you push your opponent back to the cage, unload on the body with strong knees. Follow with a suplex if you want to take it to the ground or finish it on your feet.

STRENGTHS

- Knockout power
- Aggressive style
- World-class experience

Gilbert "The Hurricane"Yvel is a Muay Thai fighter in the European tradition.

Keep the fight standing and in the clinch to mow through opponents with strong punches and Muay Thai kicks and knees.

Don't turn matches into grappling battles, as his wrestling and ground grappling attributes fall into the 60s. Yvel is great at multiple ranges on his feet.

Mix it up from kicking range and shoot into the clinch by pressing the Height Modifier trigger to grapple toward your opponent.

Transition to the Muay Thai Clinch and unload heavy strikes to quickly damage your opponent. This is Yvel's most favorable position in the game.

WEAKNESSES

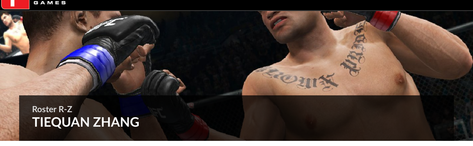
- Grappling
- Submissions
- Wrestling

This guy is a kickboxer, plain and simple. For a fighter with an overall rating of just 84, he has dangerous kicks that will punish you in the clinch, but he is by no means a wrestler.

Take him down as quickly as possible and fire some ground-and-pound from the top.

Most fighters will have the grappling advantage over him on the ground, so transition to a preferred position and work for a submission.

He does have decent ground striking if he gets in a dominant position. Simply transition out of bad spots and keep the fight on the ground.



Roster R-Z

TIEQUAN ZHANG

NICKNAME: The Wolf
WEIGHT CLASSES: Featherweight
AGE: 33
HEIGHT: 5'8"
REACH: 70"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	75
Cardio	72
Footwork	73

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	73
Clinch Striking	78
Ground Striking	77
Clinch Grapple	78
Takedown	80
Ground Top Grapple	74
Ground Bottom Grapple	72
Submission	75

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	74
Clinch Striking	80
Ground Striking	77
Clinch Grapple	75
Takedown	79
Ground Top Grapple	76
Ground Bottom Grapple	74
Submission	74

ULTIMATE TECHNIQUES

RIGHT OVER HOOK

Level 2—Both Standing, Striking Range

When you're on your feet, use quick punches and sways to set up this technique strike for big damage.

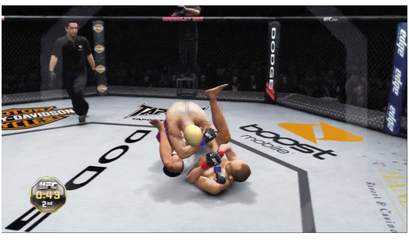
DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard Clinch, Bottom

This is a great way to stop takedown artists from staying busy on the ground. Use the technique submission and switch to an armbar if you start to lose it.

DIRECT CATCH TO ARMBAR FROM THE BOTTOM

Level 2—Single Collar Tie, Top



This is an awesome submission from the clinch range. Throw some strikes and knees, then hit this technique submission to a crafty armbar with the possibility for a submission switch to a triangle.

STRENGTHS

- Heart
- Strength
- Submissions

Despite his mediocre submission ratings, Tiequan "The Wolf" Zhang can needle his way into some impressive Level 2 submissions whenever he gets his hands on his opponent.

He is a strong feather- weight with a good right hand.

He's never been knocked out and even caught the crafty Pablo Garza in a guillotine choke for an impressive win in 2010.

His mid-70s ratings for striking on the feet aren't going to dazzle you, but he is solid all the way around.

Zhang's skill set is wide, so let the submission attempts fly from all angles.

Take down your opponents and get on top for some ground-and-pound to catch your opponent off guard and prevent reversals.

WEAKNESSES

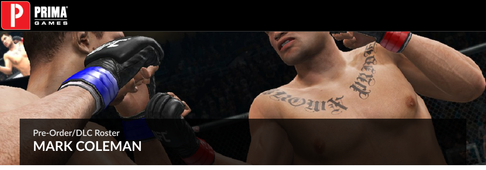
- Cardio
- Movement and footwork
- Kicks

Zhang is a bit of a plodding featherweight, and he wants to get his hands on his opponents to submit them.

Keep your distance and keep the fight standing and out of the clinch. Hammer him with leg kicks to slow him further and use boxing combinations to wear him down.

He's most susceptible to kicks, though, so mix in a head kick at the end of a combo to rattle him for a quick knockout.

For all of his submission skills, he is not rated very high, so if your fighter's submission defense is solid, wade in and get on top for some transitions and a possible submission of your own.



Pre-Order/DLC Roster

MARK COLEMAN

NICKNAME: The Hammer
WEIGHT CLASSES: Heavyweight
AGE: 42
HEIGHT: 6'1"
REACH: 75.5"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	88
Speed	72
Cardio	70
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	70
Standing Kicks	70
Clinch Striking	71
Ground Striking	85
Clinch Grapple	74
Takedown	85
Ground Top Grapple	84
Ground Bottom Grapple	74
Submission	74

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	70
Clinch Striking	85
Ground Striking	79
Clinch Grapple	77
Takedown	83
Ground Top Grapple	83
Ground Bottom Grapple	75
Submission	74

ULTIMATE TECHNIQUES

LEFT/RIGHT HAMMER FIST

Level 2—Mount, Top

Ground-and-pound your opponent for a quick KO with these hammer fists.

DRIVING DOUBLE LEG TAKEDOWN

Level 3—Both Standing, Striking Range

Coleman's impressive wrestling background is put on display with this Level 3 takedown.

DIRECT CATCH TO ARM TRIANGLE

Level 2—Side Control, Top

This choke is Coleman's best sub. If your opponent escapes the choke, you're still on top in his Half Guard.

STRENGTHS

- Ground-and-pound
- Experience
- Wrestling

Here's how the fight should go: Punch feint, takedown, ground-and-pound for the TKO or rock your opponent and lock in a sub.

Mark "The Hammer" Coleman is tied with the third-highest takedown rating in the division, and he has a real-life PRIDE TKO win over Shogun Rua when he took Shogun down and broke his arm. After a strong takedown, utilize his ground-and-pound to soften your opponent up for a submission.

Our favorite submission with Coleman was his arm triangle from Side Control, for a couple of reasons: You can catch it directly from the takedown as you land in Side Control, and if your opponents escape, they don't reverse it—they pull into Half Guard with you still on top and in position to posture up and strike.

Coleman's hammer fists are brutal and he does a good job of staying in control on top.

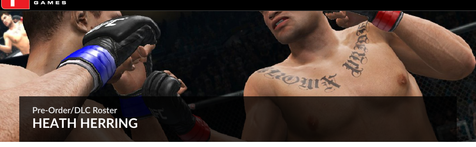
WEAKNESSES

- Stand-up
- Cardio
- Slow

Coleman's stand-up ranks right at the bottom of the division, as he is not strong in any area on his feet (standing strikes, standing kicks, clinch strikes). His goal is to take you down and ground-and-pound you.

If your heavyweight fighter is a kicker—there are a few—hang back out of range and fire kicks, then follow with combination punches. Whatever you do, keep pushing the action to test his cardio.

Coleman has beach muscles, and those muscles require a lot of oxygen. Make him move around the ring, and test his stamina as he rushes after you. If he gets on top, attempt a submission to interrupt attempts to ground-and-pound, and work your way back to your feet.



Pre-Order/DLC Roster

HEATH HERRING

NICKNAME: The Texas Crazy Horse
WEIGHT CLASSES: Heavyweight
AGE: 29
HEIGHT: 6'4"
REACH: 78"
STANCE: Orthodox
OVERALL RATING: 84

ATTRIBUTES

ATTRIBUTE	RATING
Strength	80
Speed	75
Cardio	77
Footwork	78

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	78
Clinch Striking	73
Ground Striking	80
Clinch Grapple	73
Takedown	73
Ground Top Grapple	72
Ground Bottom Grapple	73
Submission	63

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	76
Clinch Striking	74
Ground Striking	78
Clinch Grapple	75
Takedown	76
Ground Top Grapple	72
Ground Bottom Grapple	75
Submission	74

ULTIMATE TECHNIQUES

LEFT/RIGHT HEAD KICK

Level 2—Both Standing, Striking Range

Herring has great kicks for a big guy. Level 2 to the dome!

JUMPING DOUBLE LEG TAKEDOWN

Level 2—Both Standing, Striking Range

This takedown gets Herring on top of his opponent in Side Control.

DIRECT CATCH TO ANKLE LOCK

Level 2—Up/Down, Near

Herring drops down for this sub with an option to switch to a Level 2 heel hook.

STRENGTHS

- Size
- Well rounded
- World-class experience

Heath Herring, "The Texas Crazy Horse," is a big guy, but his greatest strength is his lack of any true weaknesses for a fighter with an overall rating of 84.

He may appear weak in his Submission rating, but as a pro he won a bunch of matches with armlocks and chokes. Also, his 63 rating is canceled out a bit by his ability to submission switch from more than one position. On his feet, he is a decent striker with good kicks—they're rated even better than his hands.

Defensively, he is strong on his feet and decent everywhere else. He likes to ground-and-pound, so it's best to take your opponent down with his Level 3 Jumping Double Leg Takedown as a counter if your opponent tries to clinch.

Keep control and transition to the Mount, which is his most powerful position to end the fight. Drop a series of left and right hammer fists from there and you'll grind your opponent down for a submission.

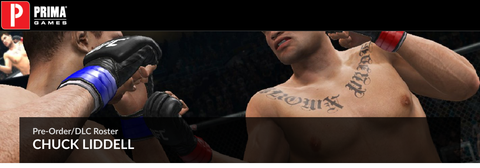
WEAKNESSES

- Clinch game
- Submissions
- Technical grappling

Dirty boxing and Muay Thai would not be characterized as Heath Herring's go-to techniques. He's not going to do much damage to the big opponents in the heavyweight division with strikes in the clinch, and he can be overwhelmed and taken down from there.

He's not an expert in BJJ, and he can have trouble controlling from the top against better wrestlers or grapplers. His submission rating is low, so he'll try to wear you down prior to any attempts. Against fighters who are well rounded like Herring, it is best to identify your fighter's strengths and attack from that angle.

If you are a stand-up guy, throw punches and kicks at Herring from striking range. If you are a grappler, take him down. Either way, put him in the clinch to gain the biggest advantage for strikes and takedowns.



Pre-Order/DLC Roster

CHUCK LIDDELL

NICKNAME: The Iceman

WEIGHT CLASSES: Light Heavyweight and Middleweight (Pride)
AGE: 41
HEIGHT: 6'2"
REACH: 76"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	LHW RATING	MW RATING
Strength	83	83
Speed	79	79
Cardio	81	81
Footwork	75	75

OFFENSIVE SKILLS

ATTRIBUTE	LHW RATING	MW RATING
Standing Strikes	84	84
Standing Kicks	80	80
Clinch Striking	71	70
Ground Striking	68	68
Clinch Grapple	68	68
Takedown	72	72
Ground Top Grapple	66	66
Ground Bottom Grapple	76	76
Submission	56	56

DEFENSIVE SKILLS

ATTRIBUTE	LHW RATING	MW RATING
Standing Strikes	74	74
Standing Kicks	78	78
Clinch Striking	75	75
Ground Striking	74	74
Clinch Grapple	80	80
Takedown	88	88
Ground Top Grapple	75	75
Ground Bottom Grapple	76	76
Submission	82	82

ULTIMATE TECHNIQUES

OVERHAND RIGHT

Level 3—Both Standing, Striking Range

This is Liddell's classic overhand right—huge!

CHUCK'S RIGHT STRAIGHT

Level 3—Both Standing, Striking Range

Move toward your opponent and throw this long right cross.

RIGHT HEAD KICK

Level 2—Both Standing, Striking Range

One powerful head kick landed as a counter can turn a fight in your favor. Rock your opponent with this one.

STRENGTHS

- Striking
- Takedown defense
- Knockout power

Chuck "The Iceman" Liddell is one of the most notable and decorated mixed martial artists out there, and for good reason. Liddell faced, and beat, many greats and defended the belt four times.

He is out there to stand up and bang, and his technique repertoire includes many classic Liddell punches to throw at your opponents. Any opponent you face is going to try to take you down. Keep your head protected, but be ready to sprawl on the shoot.

The Iceman has fantastic takedown defense, which is good, because all his fighting strengths are in his striking. String together combos using quick left hooks and overhand rights to follow for devastating results.

Mix in some leg and body kicks to draw your opponent's defense down and open up the head. His Level 3 punches shoot out quickly and you can throw them on top of each other.

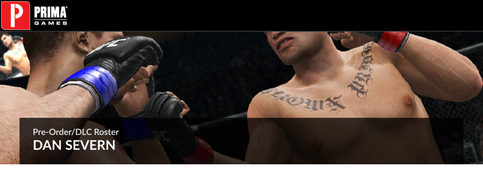
WEAKNESSES

- Submissions
- Brazilian jiu-jitsu
- Clinch game

Liddell submitted one opponent in his hall-of-fame fighting career. Do not get into a position where he is able to square up and throw punches at you. Take the fight inside and clinch—Liddell is very difficult to take down, so press him up against the cage for some dirty boxing to wear him down.

He is not a Muay Thai guy, and most fighters in the division will own him in the clinch. From there, it will be easier to light him up with big strikes, rock him, and take him down to the mat. Use solid transitions to control the fight from the top and get a dominant position for ground-and-pound.

Defensively, he rates pretty good, but he is vulnerable to strikes. Putting him on his back nullifies any opportunity for his powerful strikes, though, so do your striking on the ground.



Pre-Order/DLC Roster

DAN SEVERN

NICKNAME: The Beast
WEIGHT CLASSES: Heavyweight
AGE: 48
HEIGHT: 6'2"
REACH: 74"
STANCE: Southpaw
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	75
Cardio	90
Footwork	70

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	63
Standing Kicks	60
Clinch Striking	75
Ground Striking	78
Clinch Grapple	77
Takedown	87
Ground Top Grapple	85
Ground Bottom Grapple	60
Submission	70

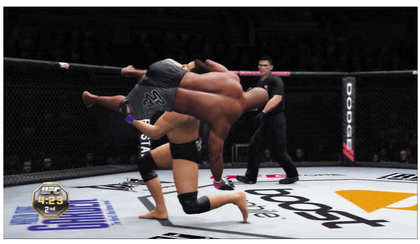
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	68
Clinch Striking	76
Ground Striking	71
Clinch Grapple	77
Takedown	88
Ground Top Grapple	87
Ground Bottom Grapple	66
Submission	75

ULTIMATE TECHNIQUES

DRIVING DOUBLE LEG TAKEDOWN

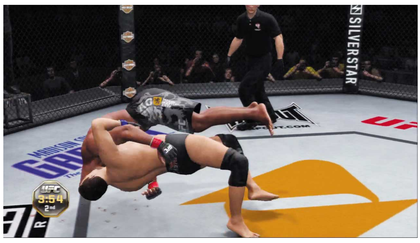
Level 3—Both Standing, Striking Range



First things first. Get your opponent on the mat with this technical takedown.

ARMLOCK THROW TO SIDE CONTROL LEFT, TOP

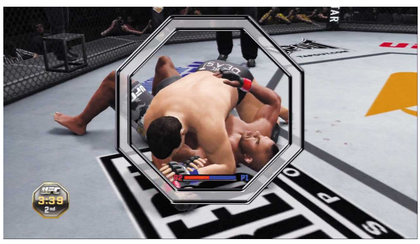
Level 3—Double Underhook, Defense



This overhook throw turns the tide on your opponent.

DIRECT CATCH TO AMERICANA FROM SIDE CONTROL, TOP

Level 3—Side Control, Top



Lock in this sub after pounding your opponent with elbows from the top.

STRENGTHS

- Wrestling
- Strength
- Takedowns

Dan Severn is a strong wrestler who has tallied an amazing 100 wins in his MMA career, which has spanned almost 20 years back to UFC 4. He has great takedowns and takedown defense, and looks to get on top to finish his opponent with vicious ground striking and technical submissions.

Severn has tremendous cardio—some of the best in the division—so despite his one-dimensional nature, he can keep at it for the duration of the match. Use his Level 3 takedown proficiency from multiple offensive and defensive positions to get opponents to the ground and end up on top.

This will open up the only Level 2 strikes Severn has in his arsenal. He is a good striker in the ground-and-pound situation. Use these strikes to open up opportunities for Level 3 submissions for the win.

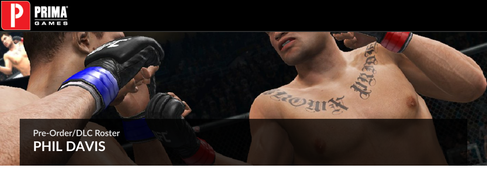
WEAKNESSES

- Poor striker
- Working off his back
- Footwork

It is no secret where this fight will end up if Severn is to be the winner. Avoid the takedown at all costs and keep the fight standing and from striking range.

There are a lot of good punchers in the heavyweight division, but Severn rates as the class's worst with a dismal 63 for his hands and 60 for kicks. Not only that, he will have trouble avoiding strikes with his footwork, so most fighters will be able to dominate him in the stand-up.

If it does go to the ground, move to the top position with a sense of urgency (look for sweeps from the bottom in your Action List from the Pause menu), because despite Severn's fantastic grappling from the top, he suffers a true wrestler's fate on his back—he gets pinned with his 66 rating. Ground-and-pound, and maintain top position until you log the KO.



Pre-Order/DLC Roster

PHIL DAVIS

NICKNAME: Mr. Wonderful
WEIGHT CLASSES: Light Heavyweight
AGE: 27
HEIGHT: 6'2"
REACH: 79"
STANCE : Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	80
Cardio	81
Footwork	77

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	74
Clinch Striking	78
Ground Striking	79
Clinch Grapple	80
Takedown	83
Ground Top Grapple	80
Ground Bottom Grapple	79
Submission	79

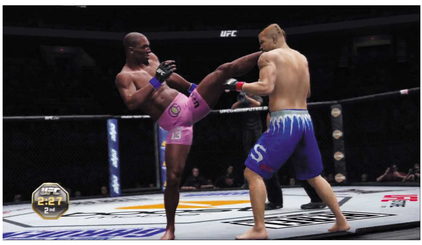
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	75
Clinch Striking	74
Ground Striking	77
Clinch Grapple	82
Takedown	82
Ground Top Grapple	80
Ground Bottom Grapple	81
Submission	81

ULTIMATE TECHNIQUES

SWITCH LEFT HEAD KICK

Level 2—Both Standing, Striking Range



This is a quick switch kick.

LEG SWEEP SINGLE LEG TAKEDOWN

Level 3—Both Standing, Clinch Range

Davis can get this takedown from range and multiple clinch positions.

DIRECT CATCH TO KIMURA FROM OPEN GUARD, BOTTOM

Level 2—Open Guard Cage, Top

This was a Submission of the Night for Mr. Wonderful at UFC 123.

STRENGTHS

- Athleticism
- Former NCAA champion
- Submissions

In a relatively short time, Phil "Mr. Wonderful" Davis has made a name for himself by showing some ingenuity in the ring. The modified kimura he used to take Submission of the Night honors was a testament to his dominance from the top on the ground and to his proficiency with submissions.

Shoot for the single leg takedown and get on top of your opponent. Davis's ground striking has the advantage over his stand-up, so work the ground-and-pound on your opponent to soften him up for a submission.

Don't be afraid to roll with anyone; Davis marks in the 80s for all of his defensive grappling skills and can fight off submission attempts, too. Dig deep and push the action—his wrestling and athleticism are powerful advantages.

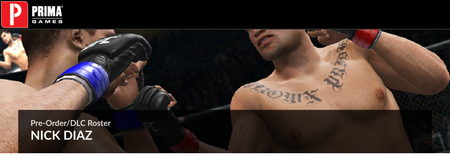
WEAKNESSES

- Muay Thai
- Punching power
- Kicks

Phil Davis is another very well-rounded fighter. However, his strengths are definitely wrestling and ground work.

He has not knocked anyone out since joining the UFC, and in this division with so many fantastic strikers, keep the fight standing and exploit the only weakness that Davis might have. He still is very strong, but pick the lesser of two evils. Stand up with him.

In the clinch, throw strikes and advance to dominant positions or push off. He can take you down with a leg sweep very easily, so put his back against the cage to eliminate his takedowns. Work him over on the cage with strikes, and try to knock him out without going to the ground.



Pre-Order/DLC Roster

NICK DIAZ

Video is restricted

WEIGHT CLASSES: Welterweight
AGE: 28
HEIGHT: 6'0"
REACH: 74"
STANCE: Southpaw and Switch
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	77
Cardio	89
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	89
Standing Kicks	70
Clinch Striking	75
Ground Striking	75
Clinch Grapple	71
Takedown	73
Ground Top Grapple	77
Ground Bottom Grapple	85
Submission	83

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	73
Clinch Striking	74
Ground Striking	79
Clinch Grapple	75
Takedown	76
Ground Top Grapple	80
Ground Bottom Grapple	80
Submission	89

ULTIMATE TECHNIQUES

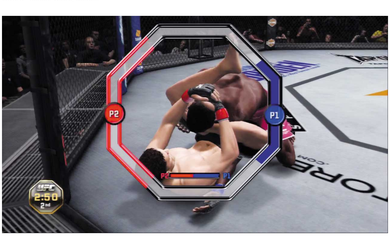
WHIP LEFT STRAIGHT

Level 3—Both Standing, Striking Range

This is a Diaz special. Long accurate punches and he never quits.

DIRECT CATCH TO GOGOPLATA FROM THE BOTTOM

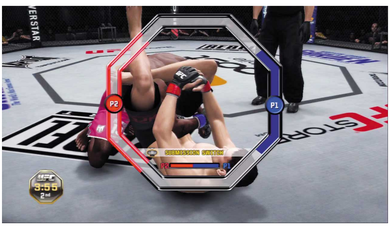
Level 3—Rubber Guard, Bottom



Level 3—Rubber Guard, Bottom

DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard, Bottom



Diaz can pull off a triangle from multiple positions and switch to an armbar from the bottom, too.

STRENGTHS

- Conditioning
- Unorthodox style
- Very well rounded

Nick Diaz has awesome submissions and submission defense. Pair that with his rangy punches and he has the striking range and the ground game covered. Attack your opponent in one of these two positions, throwing whippy punches and aggressively going for submissions on the ground.

He's very good off his back, so if your opponent takes the fight there and tries to ground-and-pound, clinch in the guard and transition to a Butterfly Guard or Rubber Guard to get to some Level 3 submissions.

There are very few people who can roll with Diaz, so keep the fight here and a BJJ match. Also, use the triangle choke from guard—Diaz can catch it easily from multiple guard positions on his back and you can switch it to an armbar.

WEAKNESSES

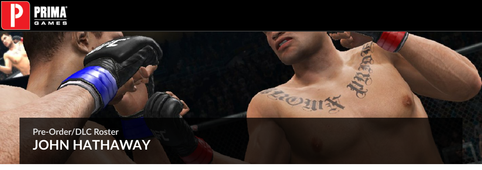
- Wrestling
- Kicks
- Strength

Diaz is no question a brilliant jiu-jitsu martial artist on the ground. However, he is not going to take you down to get there. He'll stand and strike like it's a street brawl in his hometown of Stockton, California, and he'll go to the jiu-jitsu when the fight goes to the ground.

The best place to battle with Nick Diaz is in the clinch up against the cage. His Muay Thai is not very developed, and he can be overpowered. Press him up against the cage standing and grind it out.

If the fight separates, stay back and watch out for his boxing. Counter his long punches with a clinch and get back in close. You can take him down if your fighter is a wrestler, but he's very crafty off his back.

Keep top control and damage him with ground-and-pound. If he gets into a really offensive guard position (Open, Butterfly, Rubber), get him off you and stand up.



Pre-Order/DLC Roster

JOHN HATHAWAY

NICKNAME: The Hitman
WEIGHT CLASSES: Welterweight
AGE: 24
HEIGHT: 6'2"
REACH: 75"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	74
Cardio	78
Footwork	72

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	69
Standing Kicks	68
Clinch Striking	74
Ground Striking	79
Clinch Grapple	79
Takedown	80
Ground Top Grapple	78
Ground Bottom Grapple	79
Submission	73

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	71
Standing Kicks	73
Clinch Striking	72
Ground Striking	76
Clinch Grapple	78
Takedown	79
Ground Top Grapple	77
Ground Bottom Grapple	76
Submission	72

ULTIMATE TECHNIQUES

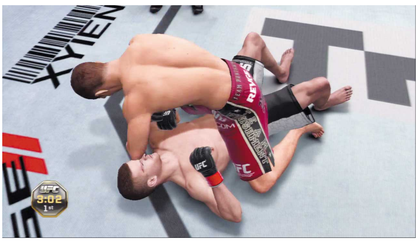
SHOOT TO DOUBLE LEG TAKEDOWN

Level 2—Single Collar Tie

Clinch and use this takedown to get your opponent on the ground.

LEFT/RIGHT ELBOW

Level 1—Mount, Top



Posture up and ground-and-pound your opponent with these elbows.

DIRECT CATCH TO DOWNWARD REAR NAKED CHOKE

Level 2—Back Mount, Top

If your opponent gives you his back, take it. The RNC is Hathaway's best submission.

STRENGTHS

- Well rounded
- Conditioning
- Ground-and-pound

John "The Hitman" Hathaway comes from the brawlin' United Kingdom, but his focus is good wrestling, ring control, and solid ground-and-pound TKO victories. His only loss has come by decision, so he has proven that he is resilient in the ring and is a well-rounded fighter.

Rear naked chokes are his bread-and-butter submission, usually set up by the opponent's defensive scrambles when under fire or rocked.

He has great takedowns, so get on top and destroy your opponent with Level 2 elbows in Side Control and Mount. All fights start on the feet, but Hathaway's strength comes into play when he gets his hands on his opponent. Inch into the clinch and work for the takedown from there—his Level 2 double leg is his best.

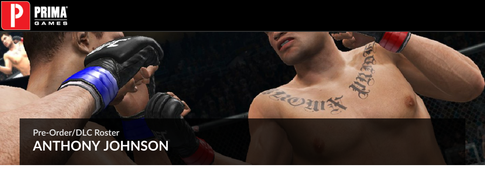
WEAKNESSES

- Speed
- Stand-up game
- Submission defense

Like most well-rounded fighters, Hathaway does a good job controlling opponents from the clinch to ground. Where he is the weakest is from striking range. He's got more holes in his game there and is vulnerable from there.

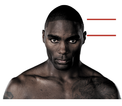
He has yet to be knocked out in the real life Octagon, but in this game, the game plan against him has got to be kick, kick, kick. There are plenty of great strikers in the division, so even if your fighter isn't a kicker, use stepping and lunging punches to close distance, then get back.

Pick Hathaway apart from the outside like this to make it extremely difficult for him to get close enough to clinch. Stuff his takedowns, but if he gets you down, attack with submissions. He is great at the ground-and-pound but can be caught in submissions because he has a poor (for a ground guy) defensive Submission rating of 72.



Pre-Order/DLC Roster

ANTHONY JOHNSON



NICKNAME: Rumble
WEIGHT CLASSES: Welterweight
AGE: 27
HEIGHT: 6'2"
REACH: 78"
STANCE : Orthodox and Switch
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	87
Speed	88
Cardio	71
Footwork	82

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	83
Standing Kicks	87
Clinch Striking	84
Ground Striking	82
Clinch Grapple	80
Takedown	85
Ground Top Grapple	75
Ground Bottom Grapple	72
Submission	59

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	80
Clinch Striking	79
Ground Striking	78
Clinch Grapple	80
Takedown	84
Ground Top Grapple	73
Ground Bottom Grapple	77
Submission	70

ULTIMATE TECHNIQUES

RIGHT OVER HOOK

Level 3—Both Standing, Striking Range

Johnson's got a tight right hook.

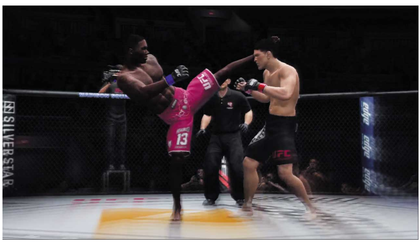
LEG SWEEP DOUBLE LEG TAKEDOWN

Level 2—Single Collar Tie

This is a good takedown if your opponent is stalemating in the clinch.

GSP'S HEAD KICK

Level 2—Double Leg Clinch Cage, Defense



Use this switch kick to take advantage of Johnson's great Standing Kicks rating.

STRENGTHS

- **Champion experience**
- **Size**
- **Knockout power**

Anthony "Rumble" Johnson is a big, strong welterweight (he walks around at well over 200 pounds) with a solid chin and great footwork to match. He's never been knocked out in a fight and has scored some dominating victories over good fighters in the division.

His wrestling is great, matched by his takedown and takedown defense. Keep it on the feet, or even strike in the clinch. Johnson's greatest power is in the stand-up game and his kicks. Careful with his kicks, though; they expend a great deal of energy.

Work your way into the pocket to take advantage of his speedy, powerful punches, and punctuate your combos with his Level 3 Right Over Hook, which blasts for big damage. Stuff your opponent's takedown attempts, but if it does go to the ground get a dominant position and lay down some ground-and-pound.

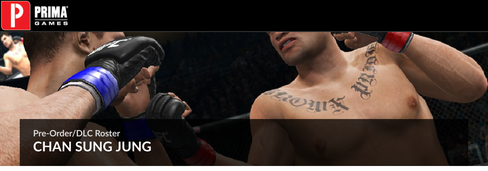
WEAKNESSES

- **Submissions**
- **Ground game**
- **Cardio**

With all of his dynamic striking techniques, you want to take Johnson off of his feet. He's got good wrestling, and it's OK if he takes you down because that is where he is most vulnerable. Work into a guard position and go for a submission.

When you're on the ground, make him work and test his cardio. He's a strong guy, but if he gets tired and can't throw punches and keeps his guard down, you're in much better shape.

Make no mistake, he is a very good fighter. But he is not going to try to end the fight by submission on the ground—if he stays on the ground he's going to strike you. Clinch to defend against the ground-and-pound and attack with a submission.



Pre-Order/DLC Roster

CHAN SUNG JUNG

NICKNAME: The Korean Zombie
WEIGHT CLASSES: Featherweight
AGE: 24
HEIGHT: 5'7"
REACH: 72"
STANCE: Orthodox and Switch
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	76
Speed	82
Cardio	74
Footwork	77

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	78
Clinch Striking	75
Ground Striking	80
Clinch Grapple	74
Takedown	73
Ground Top Grapple	76
Ground Bottom Grapple	77
Submission	77

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	76
Clinch Striking	77
Ground Striking	74
Clinch Grapple	74
Takedown	75
Ground Top Grapple	75
Ground Bottom Grapple	76
Submission	76

ULTIMATE TECHNIQUES

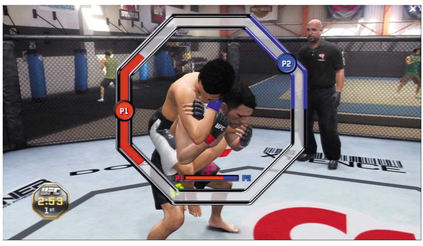
WEAVING OVERHAND RIGHT

Level 1—Both Standing, Striking Range

This big punch has a built-in weave. Use quick jabs and circle left to set it up.

DIRECT CATCH TO STANDING REAR NAKED CHOKE

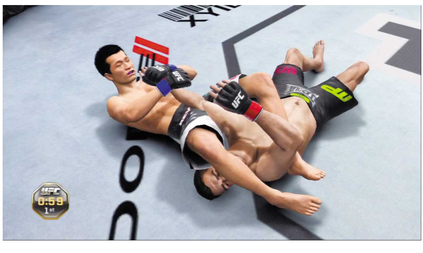
Level 2—Back Clinch, Offense



After a few strikes, clinch the body and use a major transition to the back for this standing sub.

DIRECT CATCH TO ARMBAR FROM THE TOP

Level 2—Mount, Top



This is a nice end to some ground-and-pound from the mount.

STRENGTHS

- **Aggressive style**
- **Solid chin**
- **Submissions**

When Chan-Sung Jung, the "Korean Zombie," came to the big-time Octagon he suffered two losses, but he visited some training camps and has rallied for two wins in a row, including a quick knockout in the first seven seconds. Jung took Submission of the Night honors by locking in the first successful twister ever used in the Octagon.

He is still new to the UFC fight game, but he's super quick and is known for taking punishment and continuing his charge in the ring. He's solid all the way around, but the progression of your fight should go like this: standing strikes rock your opponent (80 Standing Strikes), jump on for the ground-and-pound (80 Ground Striking), and then get the submission (77 Submission).

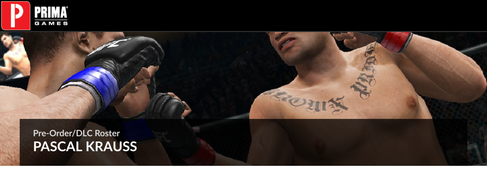
From standing, Jung has a nice standing rear naked choke if you can pummel to the Back Clinch, otherwise he has a good armbar from the top in the Mount after your ground-and-pound.

WEAKNESSES

- **Technical grappling**
- **Wrestling**
- **Clinch game**

Jung's weaknesses lie mostly in the clinch and in wrestling his opponent to the ground. Despite his very cool nickname, he can be knocked out, and has suffered a loss in the ring to a left head kick from George Roop. But, if you want to nullify Jung's strength on his feet, use the clinch and pound him with knees and cut him with elbows. Then, use the cage and dirty boxing to set up the takedown.

Push the action to test his cardio and wrestle him to the mat for some ground-and-pound and you can finish the fight there. If you are a BJJ specialist, use your technical grappling to flow between transitions and work for a submission of your own.



Pre-Order/DLC Roster

PASCAL KRAUSS

NICKNAME: Panzer
WEIGHT CLASSES: Welterweight
AGE: 24
HEIGHT: 6'1"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	75
Speed	75
Cardio	79
Footwork	79

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	80
Clinch Striking	83
Ground Striking	77
Clinch Grapple	74
Takedown	73
Ground Top Grapple	79
Ground Bottom Grapple	80
Submission	82

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	76
Clinch Striking	79
Ground Striking	79
Clinch Grapple	77
Takedown	74
Ground Top Grapple	78
Ground Bottom Grapple	79
Submission	81

ULTIMATE TECHNIQUES

LEFT ELBOW

Level 2—Salaverry

Take the fight to the ground and advance to this sweet position, then drop slicing elbows.

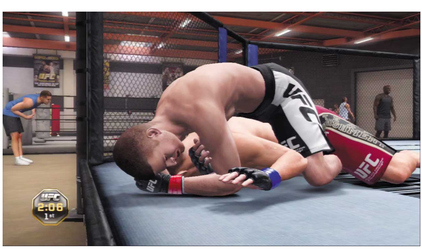
DOUBLE LEG TAKEDOWN WHILE GETTING UP

Level 2—Up/Down Near, Bottom

Your opponent wants up? Too bad. Take it back down to the mat.

DIRECT CATCH TO DOWNWARD REAR NAKED CHOKE

Level 3—Back Mount, Top



Krauss gets a rear naked choke from all ground positions from the back. This one's from the Back Mount.

STRENGTHS

- Submissions
- Boxing
- Finishing ability

Pascal "Panzer" Krauss is another big welterweight. He hasn't lost in the Octagon yet, and most of his wins have come by submission. He has good striking and also a good clinch, but get the fight to the ground and control your opponent there. Get the Mount—or even the mounted crucifix—and ground-and-pound to set up the submission.

Krauss has good kimuras and submissions from Side Control, but his Level 3 rear naked chokes from any position on your opponent's back are his real specialty.

Hurt opponents in the Mount and they'll scramble and probably give you their back in their escape—that's your chance. Sink in the rear naked choke on a hurt opponent and the mini game becomes less "dot race" and more "dominate."

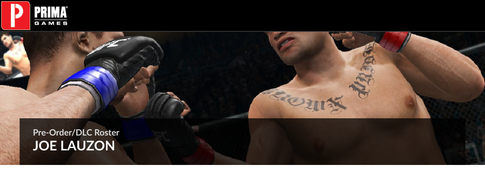
WEAKNESSES

- Takedowns
- Clinch grappling
- Speed

Krauss is a well-rounded fighter with no true holes in his game. He's not the fastest guy in the division, so take advantage of your speed advantage if you have it. If Krauss starts to overwhelm you with strikes, clinch to nullify his advantage. Stay busy, though; he is a great clinch striker, so take him down and land on top position.

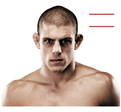
Defensively, he is quite good in every category except takedowns, so even when he's on the ground he's not helpless.

Most of his submissions come from the dominant positions with him on top and in control.Impose your will from the top position with ground striking because, despite his decent defensive rating here, he can't do as much damage to you from his back—he has no subs from his Open Guard in his repertoire.



Pre-Order/DLC Roster

JOE LAUZON



NICKNAME: J-Lau
WEIGHT CLASSES: Lightweight
AGE: 27
HEIGHT: 5'10"
REACH: 73"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	77
Cardio	83
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	78
Standing Kicks	73
Clinch Striking	72
Ground Striking	79
Clinch Grapple	82
Takedown	78
Ground Top Grapple	84
Ground Bottom Grapple	85
Submission	87

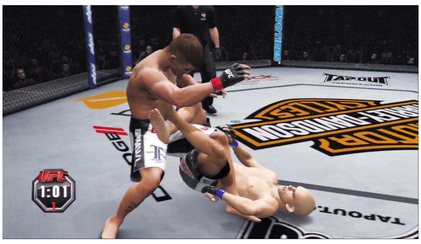
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	78
Clinch Striking	76
Ground Striking	79
Clinch Grapple	80
Takedown	75
Ground Top Grapple	83
Ground Bottom Grapple	80
Submission	81

ULTIMATE TECHNIQUES

Jumping Leg Scissors to Inside Heel Hook

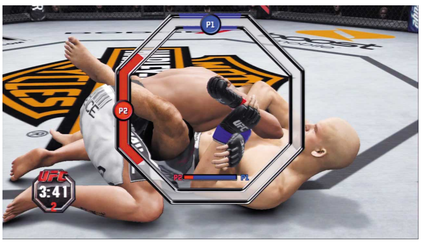
Level 3—Both Standing, Striking Range



Mess with your opponent's head with this exchange. Jump in for the sub and switch it twice!

Direct Catch to Kimura from Open Guard, Bottom

Level 3—Open Guard Clinch, Bottom



TEKKER DESCRIPTION

Clinch in the guard and Lauzon's submissions become direct catches.

Level 2—Up/Down Near, Bottom

If the referee doesn't stand you up, catch your opponent's punch and wrap him up.

STRENGTHS

- Submissions
- Aggressive style
- Well rounded

To say that Joe "J-Lau" Lauzon is good with submissions would be wrong. He is great with submissions. The combination of his 87 Submission rating and his deep skill set, which gives him the techniques to catch submissions from anywhere, makes Lauzon one of the fighters to pick for fans of the submission game.

Our favorite was the Level 3 Jumping Leg Scissors to Inside Heel Hook all the way back from stand-up striking range, and with its submission switch to a kneebar and even another submission switch to a toe hold, your opponent's head will swim.

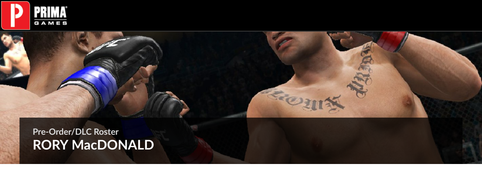
Ending in the toe hold makes your opponent's only defensive play to push off and stand up, keeping Lauzon safe and out of a bad position. From the standing position he's got decent punches, but get the fight to the ground by clinching and pulling guard or taking your opponent down and working positions for another submission. Get to the Open Guard Clinch and you've got a Level 3 kimura or Level 2 triangle.

WEAKNESSES

- Kicks
- Muay Thai
- Takedown defense

Lauzon is well rounded, but he has been stopped by good boxing before, and his Muay Thai strikes and kicks are not a threat. Stay back if you are a striker and watch out for his attempts to get the fight to the ground. If he gets inside, get to the clinch and work dirty boxing and knees. It's best to put him up against the cage and keep it standing, so that all of his strikes become weak and he doesn't have any crazy reversals or submissions.

He can easily be taken down if you are a good grappler on the top and look to get some ground-and-pound to take the wind out of his grappling. Punish him a little, but then stand up—don't get sucked into a ground match with this guy. Pound him on his feet.



Pre-Order/DLC Roster

RORY MacDONALD

NICKNAME: Ares
WEIGHT CLASSES: Welterweight
AGE: 22.
HEIGHT: 6'0"
REACH: 76'
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	81
Speed	75
Cardio	81
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	80
Clinch Striking	80
Ground Striking	79
Clinch Grapple	82
Takedown	77
Ground Top Grapple	83
Ground Bottom Grapple	82
Submission	80

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	76
Clinch Striking	78
Ground Striking	77
Clinch Grapple	81
Takedown	75
Ground Top Grapple	78
Ground Bottom Grapple	80
Submission	83

ULTIMATE TECHNIQUES

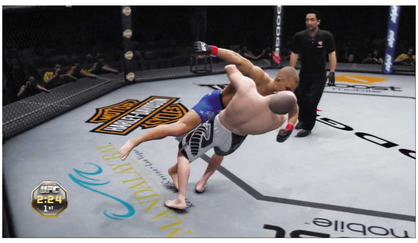
RIGHT HIGH PUSH KICK

Level 2—Both Standing, Striking Range

Wade your way into the pocket by leading with this right push kick. Follow with a combo or Superman punch.

SUPLEX TO SIDE CONTROL RIGHT/LEFT, TOP

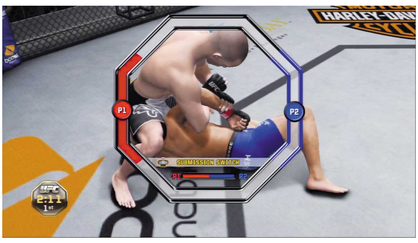
Level 2—Double Underhook, Offense



MacDonald is a strong guy with big slams. This suplex will land you in Side Control.

DIRECT CATCH TO KIMURA FROM SIDE CONTROL

Level 2—Side Control, Top



This is a great kimura from the dominant position with an option to switch to an armbar.

STRENGTHS

- Finishing ability
- Slams
- Well rounded

Rory "Ares" MacDonald has only one loss in the Octagon, and that was by knockout at the very end of a three-round war against Carlos Condit.

The rest of his fights have been evenly dispersed between submitting opponents and knockouts, and he has only seen one decision in 13 matches. Go out there with MacDonald and set up power shots—he's got great cardio—and slam your opponent to the ground. Offensively, he is solid in every category.

Defensively, he is most vulnerable to big punches and kicks on the feet, and getting taken down. In both scenarios, however, he is also very good offensively, so his fights are usually going to be a race to the finish.

He has excellent submission defense and is good off his back, so if your opponent takes you down, relax and work your grappling. Ideally, sweep to the top position or stand up and clinch for a takedown and submit from the top.

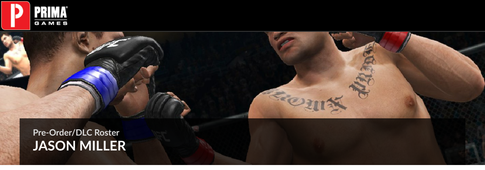
WEAKNESSES

- Takedown defense
- Footwork
- Speed

MacDonald has proven to be one of the toughest guys in the division, but he tends to stalk after his opponents. The best gameplan against Rory is keep the fight standing and stick and move.

Shoot in for takedowns—he can be taken to the mat—and work some ground-and-pound. Beat him up there and then escape to standing if he pulls guard, because he is a pretty good submission guy on the ground.

MacDonald lost to Carlos Condit in UFC 115 when he got caught with an inside right hook, and it would be best to try to outbox MacDonald to stay away from his wrestling.



Pre-Order/DLC Roster

JASON MILLER

NICKNAME: Mayhem
WEIGHT CLASSES: Middleweight
AGE: 30
HEIGHT: 6'1"
REACH: 77"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	78
Speed	74
Cardio	83
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	74
Clinch Striking	78
Ground Striking	79
Clinch Grapple	80
Takedown	78
Ground Top Grapple	83
Ground Bottom Grapple	81
Submission	85

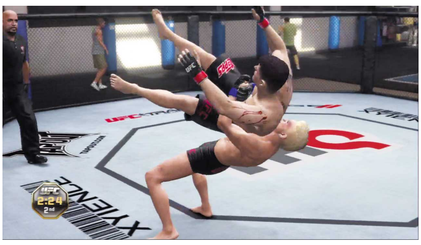
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	77
Standing Kicks	76
Clinch Striking	77
Ground Striking	77
Clinch Grapple	81
Takedown	77
Ground Top Grapple	82
Ground Bottom Grapple	82
Submission	86

ULTIMATE TECHNIQUES

GERMAN SUPLEX TO BACK SIDE CONTROL LEFT, TOP

Level 2—Back Clinch, Offense



This suplex will put you in position for a rear naked choke.

DOUBLE CHOP

Level 2—Open Guard, Top

This is a unique ground-and-pound strike. Mix in some hammer fists and go nuts.

DIRECT CATCH TO ARM TRIANGLE CHOKE

Level 3—Mount, Top

Get this Level 3 submission from the Mount after some ground-and-pound.

STRENGTHS

- World-class experience
- Submissions
- Well rounded

Jason "Mayhem" Miller is a submission grappler with decent ground-and-pound. Against a stand-up fighter, pummel in the clinch to the Back Clinch and work the takedown. When you advance to Side Control, work some ground-and-pound there or get the Mount so you can rock Mayhem's sweet double chop ground strike from the top.

You've got the arm triangle submission here—Miller's best—and it'll be easy to sink in if you've rocked your opponent on the ground from the Mount. Block your opponent's transitions to keep control if you lose the submission.

From your back, you can catch a kimura or a triangle choke from the Open Guard Clinch, but we liked getting to the Rubber Guard for the Level 2 triangle choke as well. On your feet, use quick jabs to counter your opponent and catch him with a nicely timed right long straight cross.

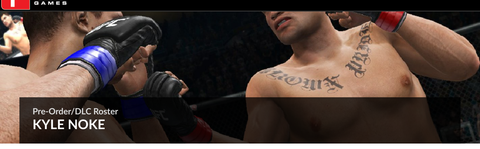
WEAKNESSES

- Kicks
- Striking
- Speed

Miller is a good submission guy, but he is slow on his feet and not a tight striker by any means. Keep the fight in striking range and use kicks to pepper him from outside.

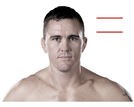
He is going to want to clinch and try to take the battle to the mat, so shrug off his attempts or use a nicely timed uppercut to counter his takedown attempts. If it does go to the ground, get top position, ground-and-pound him, then work to escape to your feet when he clinches.

Your goal should be to knock him out on his feet, where he is less dangerous.He's only tallied a few knockouts in his career, and he won't be able to keep up with the quicker middleweights.



Pre-Order/DLC Roster

KYLE NOKE



NICKNAME: KO
WEIGHT CLASSES: Middleweight
AGE: 31
HEIGHT: 6'2"
REACH: 75"
STANCE: Orthodox
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	79
Speed	74
Cardio	78
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	74
Clinch Striking	74
Ground Striking	79
Clinch Grapple	78
Takedown	76
Ground Top Grapple	77
Ground Bottom Grapple	76
Submission	79

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	77
Clinch Striking	76
Ground Striking	75
Clinch Grapple	74
Takedown	73
Ground Top Grapple	73
Ground Bottom Grapple	77
Submission	74

ULTIMATE TECHNIQUES

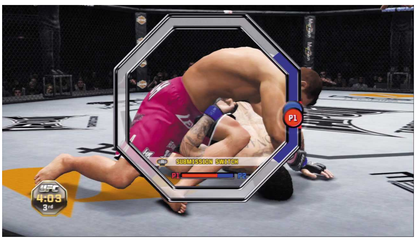
LEFT SIDE KICK

Level 1—Both Standing, Striking Range

This sliding side kick is a solid straight kick.

DIRECT CATCH TO OMOPLATA

Level 1—Open Guard Clinch, Bottom



This is an awesome omoplata that you can submission switch to an armbar from the bottom.

DIRECT CATCH TO KNEEBAR

Level 1—Open Guard, Top

This kneebar is a direct catch from inside your opponent's guard with a switch to a toe hold.

STRENGTHS

- Experience
- Well rounded
- Submissions

Kyle "KO" Noke is an Aussie fighter who has been around the sport for 10 years and has found his way into Greg Jackson's camp. He took Submission of the Night honors at UFC 127, and that rear naked choke is an example of how to play when controlling Noke. He is well rounded, but all of his attributes and skills rate in the 70s.

His submission skill set is his real strength, as he can catch submissions easily from guard and in his opponent's guard, and has the ability to submission switch. Take your opponent to the ground and work some ground striking to set up opportunities for submission.

Against really good jiu-jitsu fighters he may struggle to keep control—or get submitted himself—so clinch up on your feet and work the cage. He is a pretty strong guy, so set the tone by controlling your opponents and making it very difficult for them to execute their game plan.

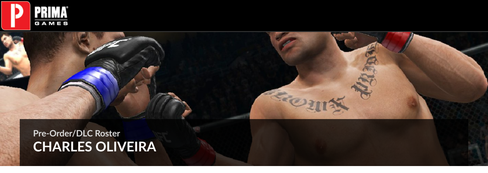
WEAKNESSES

- Quickness
- Striking
- Power

Kyle Noke's interesting skill set makes him fun to play as and play against, but his overall rating is just 85. He is a well-rounded fighter, but his lack of speed and good footwork, paired with his mediocre striking, makes the stand-up game difficult against such a talented division of strikers at middleweight.

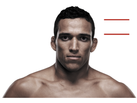
He's got some crafty moves on the ground, but if you stay away from his submissions, he is vulnerable to getting dominated with ground-and-pound. From your feet, strike and kick from range, in tight, or in the clinch—wherever your fighter's strength's lie.

Again, his submission game is the real worry when putting together your gameplan for Noke. But, if your fighter is strong with submissions, go for it. His 77 Submission rating in defense doesn't make him invincible by any means.



Pre-Order/DLC Roster

CHARLES OLIVEIRA



NICKNAME: Do Bronx
WEIGHT CLASSES: Lightweight
AGE: 22
HEIGHT: 5'10"
REACH: 73"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	87
Cardio	80
Footwork	81

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	83
Clinch Striking	79
Ground Striking	73
Clinch Grapple	76
Takedown	71
Ground Top Grapple	81
Ground Bottom Grapple	83
Submission	80

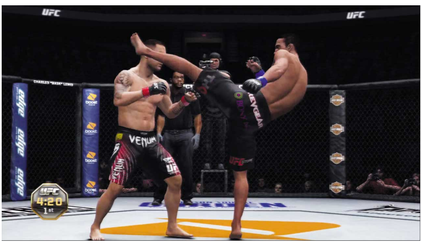
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	77
Clinch Striking	77
Ground Striking	74
Clinch Grapple	77
Takedown	75
Ground Top Grapple	76
Ground Bottom Grapple	78
Submission	75

ULTIMATE TECHNIQUES

LEFT/RIGHT MUAY THAI HEAD KICK

Level 2—Both Standing, Striking Range



Oliveira has good Muay Thai and snaps these kicks to the head quickly.

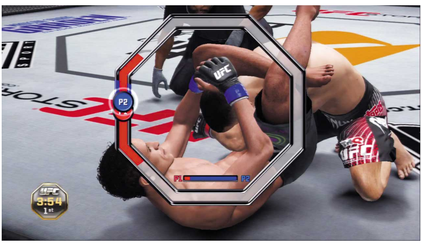
DIRECT CATCH TO STANDING REAR NAKED CHOKE

Level 2—Back Clinch, Offense

He's a good submission guy and he can sink in this RNC from on the feet instead of a takedown.

DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard Clinch, Bottom



Oliveira is good from his back and has the triangle to prove it.

STRENGTHS

- Well rounded
- Aggressive style
- Finishing ability

An aggressive striker with great BJJ offense, Charles "Do Bronx" Oliveira tallied an amazing record prior to coming to the UFC, and logged his first two victories in the UFC to bring his record to 14-0.

Standing Muay Thai and BJJ are his specialties, so utilize his strong Muay Thai head kicks and impressive reach to control the stand-up. You'll be happy to keep the fight on the feet with his Speed, Cardio, and Footwork ratings in the 80s. Though you're not going to beat too many guys in the wrestling department with Oliveira, pull into guard and go after submissions from all angles.

He is very good grappling off his back and has a great guard. If you're facing a ground-and-pound fighter or wrestler, it's a good strategy to clinch and defend to a stalemate so the ref stands you up.

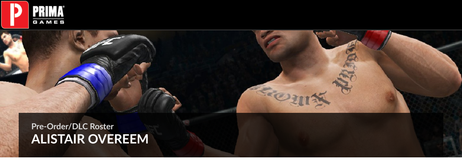
WEAKNESSES

- Power
- Wrestling
- Ground-and-pound

Stay away from Oliveira's Muay Thai and out of his submissions, and he's a lot easier to deal with. Take him down and get into a dominant position—stay out of his guard—and lay down the ground-and-pound.

He can be overwhelmed on top, and even with his fantastic record in the ring, he is susceptible to getting knocked out and submitted.

He has suffered a couple of losses against fantastic lightweights in the division in Donald Cerrone and Jim Miller. Again, stay out of Oliveira's submission positions and nullify his striking by using wrestling to take him down and control the top.



Pre-Order/DLC Roster

ALISTAIR OVEREEM

Video is restricted

NICKNAME: The Reem

RANKED TOP 20

WEIGHT CLASSES: Heavyweight

AGE: 31
HEIGHT: 6'5"
REACH: 81"
STANCE: Orthodox and Switch
OVERALL RATING: 91

ATTRIBUTES

ATTRIBUTE	RATING
Strength	89
Speed	81
Cardio	76
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	89
Standing Kicks	89
Clinch Striking	92
Ground Striking	78
Clinch Grapple	76
Takedown	72
Ground Top Grapple	74
Ground Bottom Grapple	79
Submission	82

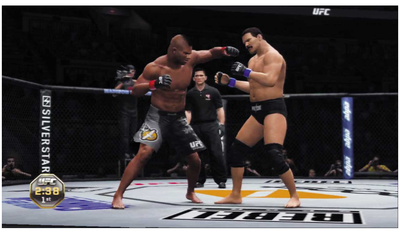
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	88
Standing Kicks	88
Clinch Striking	84
Ground Striking	78
Clinch Grapple	78
Takedown	78
Ground Top Grapple	78
Ground Bottom Grapple	75
Submission	78

ULTIMATE TECHNIQUES

LEFT/RIGHT GUARDED HOOK

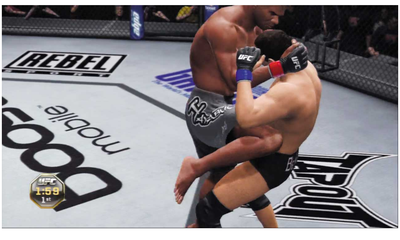
Level 3—Both Standing, Striking Range



These hooks blast opponents. Sway and use them in combination with quick jabs.

LEFT/RIGHT REAR LEG KNEE

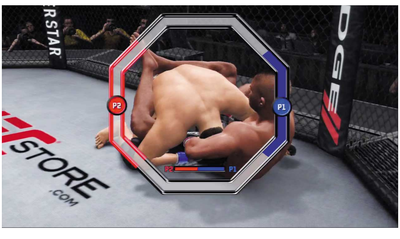
Level 3—Muay Thai Clinch, Offense



Strong whip your opponent and launch these hard knees to the head and body.

SUBMISSION REVERSE TO GUILLOTINE CHOKE

Level 2—Double Leg Clinch Cage, Defense



Overeem is known for his guillotine chokes. Use this to counter takedowns against the cage.

STRENGTHS

- Champion experience
- Size
- Knockout Power

Alistair "The Reem" Overeem has spent his adult life traveling the world and punishing people with his powerful striking style. He has seen success in multiple fight formats, wearing title belts in the kickboxing circuit, K-1, Dream, and now the UFC heavyweight championship.

Overeem sets up all of his victories with excellent striking but does have many wins by submission. Use his technical punches and the most powerful Muay Thai Clinch strikes in the division to hammer opponents. If possible, drive them up against the cage and keep them there to work a quick barrage of clinch strikes.

If your opponent tries to take you down, use Overeem's guillotine choke to reverse the position and lock one of his best submissions. If the opponent escapes, work a transition back to your feet and get back to striking on your feet.

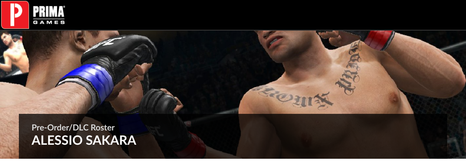
WEAKNESSES

- Cardio
- Wrestling
- Brazilian jiu-jitsu

Overeem is a big, muscled fighter who throws lots of strikes and kicks. This can test his cardio. Additionally, really his only relative weaknesses are in his wrestling and jiu-jitsu.

He's going to try to keep the fight standing. Shoot in for takedowns as soon as possible and get on top of him. This will reduce his striking skill set to a couple of weak techniques and make it a grappling match. Block his transitions and keep top control.

He has very good striking defense on his feet but sees a drop-off once it gets to the ground-and-pound position. Good wrestlers will be able to control Overeem on his back and rain down heavy shots to test his chin. He just wants to get back to his feet, so block his transitions to prevent him from advancing his position.



Pre-Order/DLC Roster

ALESSIO SAKARA

NICKNAME: Legionarious
WEIGHT CLASSES: Middleweight
AGE: 30
HEIGHT: 6'0"
REACH: 72"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	RATING
Strength	78
Speed	80
Cardio	73
Footwork	86

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	87
Standing Kicks	80
Clinch Striking	75
Ground Striking	76
Clinch Grapple	75
Takedown	73
Ground Top Grapple	76
Ground Bottom Grapple	73
Submission	73

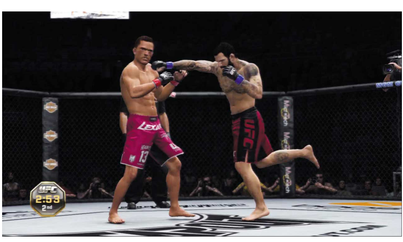
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	74
Standing Kicks	73
Clinch Striking	74
Ground Striking	73
Clinch Grapple	76
Takedown	73
Ground Top Grapple	77
Ground Bottom Grapple	73
Submission	77

ULTIMATE TECHNIQUES

RIGHT HEAVY SUPERMAN PUNCH

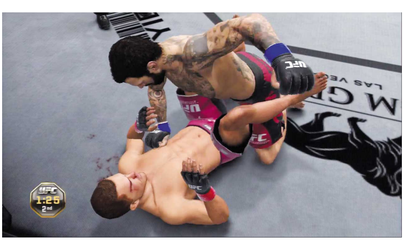
Level 2—Both Standing, Striking Range



The Superman punch adds some distance and power to the cross.

LEFT/RIGHT HOOK

Level 2—Open Guard, Top



Sakara can throw some big punches from the top.

NAPAO'S RIGHT HEAD KICK

Level 2—Both Standing, Striking Range

Follow up your boxing combinations with this big head kick.

STRENGTHS

- Striking
- Aggressive style
- Knockout power

Alessio "Legionarious" Sakara is a high-energy fighter out of Italy who now trains in the American Top Team camp in Coconut Creek, Florida. He is a powerful striker who can push the action.

With a Standing Strikes rating of 87 and Level 2 techniques from standing range, it's best to try to keep the fight on your feet.

Use his powerful Level 2 head kick and Superman punch to put the hurt on your opponent, and set up those punches with quick flurries of strikes and sways using Sakara's speed and great movement in the pocket.

Between his striking and his Footwork rating of 86, Sakara can box with the best of them.

If the fight goes to the ground, fight to get on top and rain down big punches from inside your opponent's guard, but make the referee stand your opponent up if he is a good grappler.

WEAKNESSES

- Wrestling
- Submissions
- Cardio

Sakara is an aggressive fighter, and with that comes defensive shortcomings across the board.

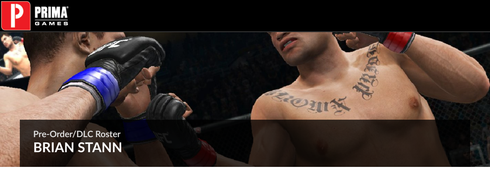
He is going to want to keep the fight a stand-up battle, but he is no better at defending against your stand-up strikes than he is at any other part of the game.

He has better submission defense, but he doesn't have much in the way of ratings or techniques to scare you with submissions of his own.

The bottom line against him: Fight your fight and play to your fighter's strengths.

In all cases you must be careful of Sakara's powerful striking, but he can be beaten up on his feet.

Many middleweights will own the advantage in the wrestling department—it's Sakara's weakest area, so take him down, get dominant position, and ground-and-pound.



Pre-Order/DLC Roster

BRIAN STANN

NICKNAME: All-American
WEIGHT CLASSES: Middleweight
AGE: 31
HEIGHT: 6'1"
REACH: 74"
STANCE: Orthodox
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	75
Cardio	80
Footwork	78

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	77
Clinch Striking	79
Ground Striking	81
Clinch Grapple	76
Takedown	74
Ground Top Grapple	77
Ground Bottom Grapple	79
Submission	79

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	79
Standing Kicks	76
Clinch Striking	77
Ground Striking	77
Clinch Grapple	75
Takedown	73
Ground Top Grapple	76
Ground Bottom Grapple	75
Submission	77

ULTIMATE TECHNIQUES

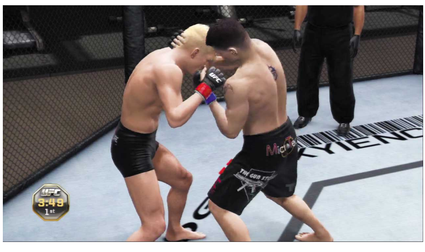
LEFT/RIGHT GUARDED HOOK

Level 2—Both Standing, Striking Range

This power punch is a bit more looping than Stann's hook in the pocket, but he steps in and does some damage with it.

RIGHT/LEFT UPPERCUT

Level 2—Muay Thai Clinch, Offense



Clinch and punish your opponent with this technical strike.

STRONG LEFT/RIGHT PUNCH

Level 2—Mount, Top

Posture up and use these strong punches in combination to finish the fight.

STRENGTHS

- Knockout power
- Discipline
- Striking

Brian"All-American"Stann is an ex-Marine who credits his time in the military with much of his success in the Octagon. He has great all-around striking on his feet, in the clinch, and on the ground.

He has only lost by knockout one time in his career and he's been submitted twice. Press your opponent up against the cage and use Stann's Level 3 uppercuts and hooks to do damage from clinches. Stay close and throw combinations in the pocket too — Stann is fairly quick and has decent footwork.

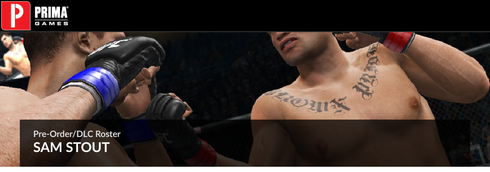
As a well-rounded fighter, take the fight to where your opponent is weak or can do the least amount of damage to you. If you get taken down, it's OK. Stann is good at getting back to defensive position and getting to his feet.If you knock your opponent down, dive down into his guard and ground-and-pound. Get the Mount and finish the fight.

WEAKNESSES

- Wrestling
- Speed
- Technical grappling

Stann is a well-rounded fighter, but primarily a striker. The middleweight division has a bunch of strikers as good as or better than he is, but it's best to take advantage of his weaker areas. He doesn't have a lot of high-level grappling techniques in his skill set.

Take this fight to the ground if you're a wrestler or jiu-jitsu specialist and work for control to a submission. Stann is a good striker from the clinch, so it would behoove you to shoot in to get the fight to the ground. His wrestling is weak and he struggles to defend against takedowns.



Pre-Order/DLC Roster

SAM STOUT

NICKNAME: Hands of Stone
WEIGHT CLASSES: Lightweight
AGE: 27
HEIGHT: 5'9"
REACH: 70"
STANCE: Orthodox and Switch
OVERALL RATING: 85

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	81
Cardio	82
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	80
Clinch Striking	79
Ground Striking	74
Clinch Grapple	74
Takedown	73
Ground Top Grapple	76
Ground Bottom Grapple	73
Submission	64

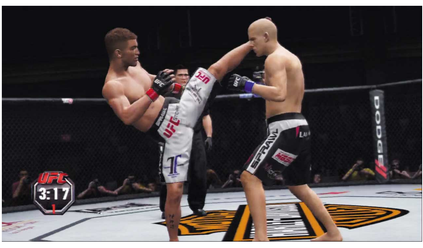
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	78
Clinch Striking	77
Ground Striking	75
Clinch Grapple	77
Takedown	76
Ground Top Grapple	74
Ground Bottom Grapple	75
Submission	70

ULTIMATE TECHNIQUES

SWITCH LEFT HEAD KICK

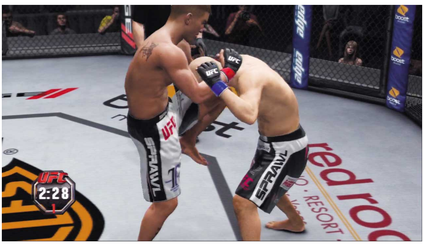
Level 2—Both Standing, Striking Range



Stout is a fast kickboxing champion. Here's a quick switch kick with the front leg.

LEFT/RIGHT KNEE

Level 2—Muay Thai Clinch, Offense



Use these Level 2 knees in the clinch to score big damage.

LEFT/RIGHT HEAD KICK WHILE STANDING UP

Level 1—Up/Down Far, Bottom

Why just get up? Use this head kick to stand up.

STRENGTHS

- Knockout power
- Pro kickboxer
- Solid chin

Sam "Hands of Stone" Stout is a kickboxer with great knockout power. It is to your advantage if you keep the fight standing to take advantage of his tough-as-nails stand-up, good cardio, and footwork.

Stout has had some wars in the ring with some of the top talent in the UFC, and recently posted a Knockout of the Night first-round KO over the tough Yves Edwards. Stay in striking range and use his switch kick and spinning backfists to rock your opponent on his feet.

Put your opponent in the Muay Thai Clinch and use knees and elbows up against the cage for some additional punishment. If the fight goes to the ground, get to guard and push your opponent off you to stand up. We liked the head kick while standing up.

WEAKNESSES

- Submissions
- Brazilian Jiu-Jitsu
- Wrestling

Stout has never been knocked out in the Octagon, but he has been submitted. Do not stand and bang with him; take this fight to the mat where he has more of a struggle. His in-game skill set is pretty sparse when it comes to takedowns, grappling, or submissions, so if that is your fighter's game, take advantage!

Putting Stout on the ground reduces his knockout power, keeps him in one place, and opens up a perfect opportunity for you to ground-and-pound on the way to a submission attempt—he's fallen victim to the rear naked choke twice in his career.

If you're having trouble closing the distance and taking him down, protect your head and clinch. He's a good clinch striker, but you can win the takedown battle from there. Drop down and grab a leg or use a trip or judo throw to take him down.

Prima Top 20

ALISTAIR OVEREEM

Video is restricted

NICKNAME: The Reem

PRIMA TOP 20

WEIGHT CLASSES: Heavyweight
AGE: 31
HEIGHT: 6'5"
REACH: 81"
STANCE: Orthodox and Switch
OVERALL RATING: 91

ATTRIBUTES

ATTRIBUTE	RATING
Strength	89
Speed	81
Cardio	76
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	89
Standing Kicks	89
Clinch Striking	92
Ground Striking	78
Clinch Grapple	76
Takedown	72
Ground Top Grapple	74
Ground Bottom Grapple	79
Submission	82

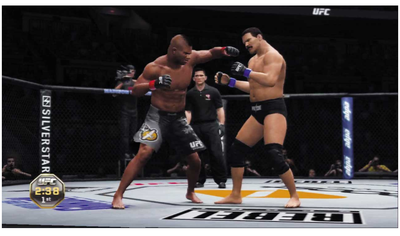
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	88
Standing Kicks	88
Clinch Striking	84
Ground Striking	78
Clinch Grapple	78
Takedown	78
Ground Top Grapple	78
Ground Bottom Grapple	75
Submission	78

ULTIMATE TECHNIQUES

LEFT/RIGHT GUARDED HOOK

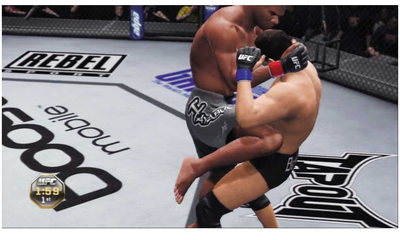
Level 3—Both Standing, Striking Range



These hooks blast opponents. Sway and use them in combination with quick jabs.

LEFT/RIGHT REAR LEG KNEE

Level 3—Muay Thai Clinch, Offense



Strong whip your opponent and launch these hard knees to the head and body.

SUBMISSION REVERSE TO GUILLOTINE CHOKE

Level 2—Double Leg Clinch Cage, Defense

Overeem is known for his guillotine chokes. Use this to counter takedowns against the cage.

STRENGTHS

- Champion experience
- Size
- Knockout Power

Alistair "The Reem" Overeem has spent his adult life traveling the world and punishing people with his powerful striking style. He has seen success in multiple fight formats, wearing title belts in the kickboxing circuit, K-1, Dream, and now the UFC heavyweight championship.

Overeem sets up all of his victories with excellent striking but does have many wins by submission. Use his technical punches and the most powerful Muay Thai Clinch strikes in the division to hammer opponents. If possible, drive them up against the cage and keep them there to work a quick barrage of clinch strikes.

If your opponent tries to take you down, use Overeem's guillotine choke to reverse the position and lock one of his best submissions. If the opponent escapes, work a transition back to your feet and get back to striking on your feet.

WEAKNESSES

- Cardio
- Wrestling
- Brazilian jiu-jitsu

Overeem is a big, muscled fighter who throws lots of strikes and kicks. This can test his cardio. Additionally, really his only relative weaknesses are in his wrestling and jiu-jitsu.

He's going to try to keep the fight standing. Shoot in for takedowns as soon as possible and get on top of him. This will reduce his striking skill set to a couple of weak techniques and make it a grappling match. Block his transitions and keep top control.

He has very good striking defense on his feet but sees a drop-off once it gets to the ground-and-pound position. Good wrestlers will be able to control Overeem on his back and rain down heavy shots to test his chin. He just wants to get back to his feet, so block his transitions to prevent him from advancing his position.

Prima Top 20

ANDERSON SILVA

Video is restricted

NICKNAME: The Spider
WEIGHT CLASSES: Middleweight, Light Heavyweight
AGE: 36
HEIGHT: 6'2"
REACH: 75.5"

STANCE: Southpaw and Switch
OVERALL RATING LHW: 93
OVERALL RATING LHW (PRIDE): 89
OVERALL RATING MW: 94
OVERALL RATING MW (PRIDE): 90

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Strength	84	82	83	83
Speed	85	83	89	87
Cardio	85	83	86	84
Footwork	89	88	90	88

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Standing Strikes	92	89	92	89
Standing Kicks	91	89	92	89
Clinch Striking	93	89	93	89
Ground Striking	74	72	74	72
Clinch Grapple	83	79	83	79
Takedown	72	66	72	66
Ground Top Grapple	74	71	74	71
Ground Bottom Grapple	75	73	75	73
Submission	77	70	77	70

DEFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING	MW RATING	MW (PRIDE) RATING
Standing Strikes	90	88	90	88
Standing Kicks	90	85	90	85
Clinch Striking	91	89	91	89
Ground Striking	82	78	82	78
Clinch Grapple	82	78	82	78
Takedown	80	75	80	75
Ground Top Grapple	80	74	80	74
Ground Bottom Grapple	77	74	77	74
Submission	82	74	82	74

ULTIMATE TECHNIQUES

LEFT HIGH FRONT KICK (ANDERSON)

Level 3—Both Standing, Striking Range

"The Spider's" devastating front kick famously dropped Vitor Belfort in a blink at UFC 126. It is thrown while moving backward—use this technique to keep the opponent at bay.

RIGHT FLYING KNEE—BOTH STANDING, STRIKING RANGE

Level 3

Silva's knees are deadly weapons that can achieve flash KOs. Close in on the opponent with a step, then quickly follow up with a fast right flying knee.

CRUSHING LEFT/RIGHT KNEE

Level 3—Muay Thai Clinch Cage, Offense

Silva's knees become even more lethal in the clinch, especially in the Muay Thai Clinch Cage, Offense position. Batter the opponent's body and head with knees whenever you tie him up in a clinch.

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Striking
- Speed

Arguably the greatest fighter in the world, Anderson "The Spider" Silva wields some of the most lethal striking and jiu-jitsu in the UFC.

He can do it all—use his long reach and exceptional speed to pepper the opponent with quick strikes from the outside, keeping them at bay to shut down their offense.

As the fight wears on and the opponent becomes frustrated, look to land more effective technique strikes and combos.

If you aren't too concerned about the opponent's grappling ability, transition into the Muay Thai Clinch so that "The Spider" can perform clinch whips and follow them up brutal knees.

He also has excellent ground grappling skills and can lock in many effective submissions, including dangerous triangles off his back that he's used to put away multiple opponents.

WEAKNESSES

- Takedowns
- Ground grappling
- Ground striking

Though dominant on the feet and in the clinch, Silva's ground game leaves a little to be desired—a weakness that was exploited by Chael Sonnen for almost five full rounds before "The Spider" captured victory by way of triangle from the bottom.

Learn from Sonnen's misfortune and don't linger in Silva's dangerous guard—either avoid the ground game entirely or work at transitioning to a more dominant position, such as Half Guard, where "The Spider's" submission options are dramatically reduced.

Beware of his ability to perform technique transitions from the bottom, however—block these or you may end up being swept onto your back or stuffed into Silva's Butterfly Guard, where he can quickly lock in a nasty triangle from off his back.

Prima Top 20

BEN HENDERSON

Video is restricted

PRIMA'S TOP 20

NICKNAME: Smooth
WEIGHT CLASSES: Lightweight
AGE: 28
HEIGHT: 5'9"
REACH: 70"
STANCE: Southpaw and Switch
OVERALL RATING: 91

ATTRIBUTES

ATTRIBUTE	RATING
Strength	82
Speed	81
Cardio	88
Footwork	75

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	75
Clinch Striking	76
Ground Striking	83
Clinch Grapple	78
Takedown	83
Ground Top Grapple	83
Ground Bottom Grapple	80
Submission	82

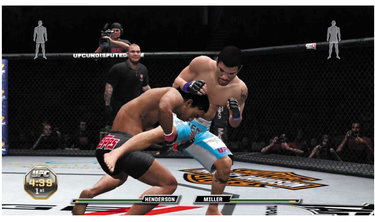
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	76
Standing Kicks	78
Clinch Striking	80
Ground Striking	80
Clinch Grapple	80
Takedown	83
Ground Top Grapple	85
Ground Bottom Grapple	80
Submission	95

ULTIMATE TECHNIQUES

JUMPING SINGLE LEG TAKEDOWN

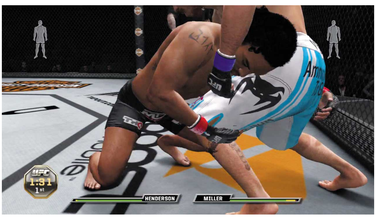
Level 3 - Both Standing, Striking Range



Henderson can stand and strike with the best of them, but the ground game is where he truly thrives. Use his explosive single leg takedown to bring the fight to the mat whenever you please.

SWEEP TRANSMISSION TO OPEN GUARD, TOP

Level 2 - Sprawl, Bottom



Even if his initial takedown is stuffed, Henderson can still press forward in an attempt to gain top position on the ground by sweeping his opponent over into Open Guard.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3- Sprawl, Top

This is Henderson's best submission by far, and it pairs nicely with his excellent takedown defense. Lock in this same lethal guillotine from any seated position against the cage as well.

STRENGTHS

- Submissions
- Grappling
- Conditioning

Ben "Smooth" Henderson is a dangerous UFC lightweight contender with explosive athleticism and excellent wrestling ability.

While his stand-up game can be very effective, his striking is best used to set up his clinch game or takedowns.

Grappling is where Henderson really wants to be, working his opponent over with heavy knees in the clinch, or passing their guard on the ground to deliver some crushing blows from the top.

He is an excellent wrestler, able to achieve and maintain dominant position against many of his opponents, working them over with debilitating ground-and-pound as he looks to set up submissions.

His best subs are his guillotine chokes, which he can apply in the sprawl after stuffing his opponent's takedown, or in any seated position against the cage—use his excellent guillotine against aggressive grapplers each time they fail to complete a takedown.

WEAKNESSES

- Footwork
- Standing strikes
- Standing strikes defense

Though he's fast and durable on the feet, Henderson's footwork leaves a little to be desired—this allows elite strikers to outmaneuver Smooth on the feet, setting up their combos and counters with greater ease and keeping him at the desired distance.

Though he has a very good chin, he's also most vulnerable to standing strikes—another reason to keep the fight upright when you're facing off against him.

Keep him on his feet and look to land quick strikes as you remain defensive with your stand-up.

Always be ready to counter his takedowns by sprawling each time he shoots in, or try to intercept his takedowns with a big counter strike. Keep away from the grappling game to nullify his most effective brand of offense.

If you end up fighting on the ground, forget about trying for submissions—"Smooth" has tremendous sub defense and is practically impossible to tap out.

Prima Top 20

CAIN VELASQUEZ

Video is restricted

NICKNAME: N/A
WEIGHT CLASSES: Heavyweight
AGE: 29
HEIGHT: 6'1"
REACH: 77"
STANCE: Orthodox
OVERALL RATING: 92

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	85
Cardio	89
Footwork	85

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	64
Clinch Striking	82
Ground Striking	87
Clinch Grapple	85
Takedown	88
Ground Top Grapple	80
Ground Bottom Grapple	80
Submission	69

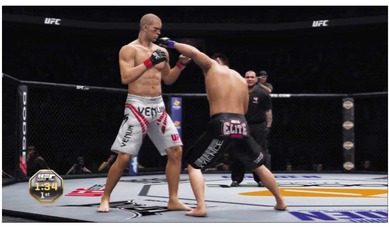
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	80
Clinch Striking	83
Ground Striking	73
Clinch Grapple	75
Takedown	87
Ground Top Grapple	84
Ground Bottom Grapple	78
Submission	87

ULTIMATE TECHNIQUES

DUCKING LEFT HOOK

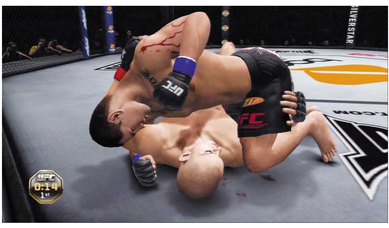
Level 3—Both Standing, Striking Range



This is a wicked Level 3 punch with a built-in sway. Throw a jab-cross, feint, and follow with this as a counterpunch for a devastating blow.

LEFT ELBOW

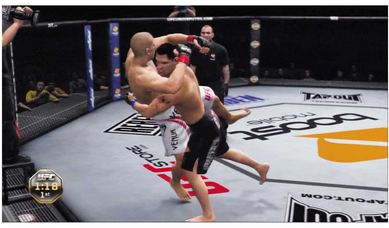
Level 3—Salaverry, Top



Ground-and-pound at its finest. From Side Control, mount your opponent with the crucifix (Salaverry), block transitions, and rain down these vicious elbow strikes.

BUSTER TO HALF GUARD CLINCH, TOP

Level 2—Body Lock, Offense



This is an awesome slam from the clinch. From Double Underhook, perform a minor transition to Body Lock and then a technique minor transition to the slam. Posture up and ground-and-pound.

STRENGTHS

- Ground-and-pound
- Speed
- Knockout power

Cain Velasquez is a super-athletic, smaller heavyweight with quick, powerful boxing.

Whether you're in the clinch, on the ground, or toe-to-toe, pour on a steady stream of combination punches to your opponent because Velasquez has fantastic cardio for a big guy.

A simple 1-2-3 (quick left jab, quick right cross, and step into a left hook) should be your bread and butter, but follow with big rights to the body (hold the Technique Modifier trigger) and use the opponent's sways and high blocks to set up takedowns when you're in the pocket.

Feint and draw a big haymaker from your opponent, then counter with a takedown for some ground-and-pound.

WEAKNESSES

- Kicks
- Working from his back
- Submissions

Velasquez's history is as a tremendous puncher, with eight of his first nine wins coming from knockouts from his hands.

Inside, he is deadly, so stay out of his range and pepper him with kicks high and low.

If the fight goes to the ground, get on top and block his transitions.

While Velasquez is not going to finish too many folks by submission, his Submission Defense rating is awesome at 87, so get on top and work some ground-and-pound, where his Ground Striking defense rates just 73.

Pass his guard to a dominant position and lay it on heavy.

Prima Top 20

CARLOS CONDIT

Video is restricted

NICKNAME: The Natural Born Killer

WEIGHT CLASSES: Welterweight

AGE: 27
HEIGHT: 6'0"
REACH: 78"
STANCE : Orthodox and Switch
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	71
Speed	82
Cardio	86
Footwork	80

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	82
Standing Kicks	80
Clinch Striking	81
Ground Striking	75
Clinch Grapple	73
Takedown	72
Ground Top Grapple	80
Ground Bottom Grapple	80
Submission	81

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	80
Standing Kicks	80
Clinch Striking	72
Ground Striking	77
Clinch Grapple	74
Takedown	73
Ground Top Grapple	79
Ground Bottom Grapple	81
Submission	82

ULTIMATE TECHNIQUES

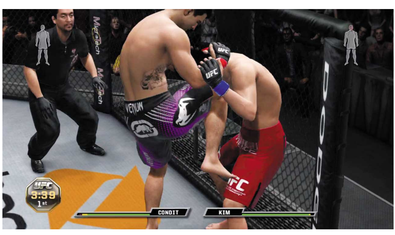
Right Jumping Knee

Level 2—Both Standing, Striking Range

This fast-flying knee caught Dong Hyun Kim by surprise at UFC 132, leading to a first-round knockout for Condit. Perform a step before unleashing this lightning-quick technique strike.

Crushing Left/Right Knee

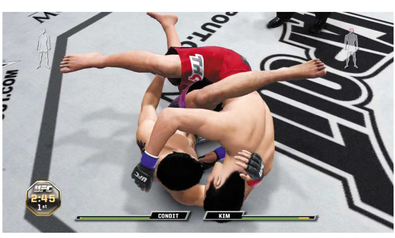
Level 2—Muay Thai Clinch Cage, Offense



Condit isn't particularly strong in the clinch, but he can bring some brutal knees against his opponents when he presses them against the cage in the Muay Thai Clinch.

Sweep Transition to Mount, Top

Level 1—Rubber Guard, Bottom



"The Natural Born Killer" is always dangerous, even when fighting off his back. Perform a technique transition from Open Guard Clinch, Bottom to move the opponent into Condit's Rubber Guard, then lock in a tight triangle or sweep to Mount.

STRENGTHS

- Very well rounded
- Finishing ability
- Heart

A dangerous striker and submission grappler, Carlos "The Natural Born Killer" Condit overwhelms his opponents with lightning-fast striking combinations and relentless aggression.

His durability and dangerous ground game allow Condit to attack with great confidence while exchanging on the feet. Unleash his combos at will, pressuring the opponent to overwhelm him with Condit's superior speed and cardio.

He's also very effective when striking more elusively from the outside, lending him versatility on the feet as he uses powerful kicks to batter his rival's body and legs from range.

If the opponent decides to take Condit down, they'll find him extremely dangerous off his back, threatening with sweeps and submissions in many bottom positions on the ground.

WEAKNESSES

- Strength
- Takedowns
- Takedown defense

Few fighters would dare to call out "The Natural Born Killer" after witnessing the result of his bout with Dan Hardy at UFC 120, yet Condit does have a few weaknesses.

His clinch game isn't strong, allowing talented brawlers and Muay Thai artists to overwhelm him with brutal strikes and dominant control in the clinch.

Condit is incredibly dangerous with his submissions, so it's best to avoid exploiting his vulnerability to the takedown—strive to keep the fight standing instead, hoping to catch Condit with a big counter.

Utilize the clinch only if you're getting beaten on the feet, then look to back Condit into the fence and brutalize him with heavy clinch strikes, which he is vulnerable to.

If you find yourself on the ground, hurry and escape back up to your feet, even if you're on top—"The Natural Born Killer" is far too dangerous on the ground, even when fighting off his back.

Prima Top 20

CHAEL SONNEN

Video is restricted

NICKNAME: N/A

WEIGHT CLASSES: Middleweight
AGE: 34
HEIGHT: 6'1"
REACH: 74"
STANCE: Southpaw and Switch
OVERALL RATING: 87

ATTRIBUTES

ATTRIBUTE	RATING
Strength	86
Speed	79
Cardio	87
Footwork	76

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	73
Standing Kicks	62
Clinch Striking	70
Ground Striking	87
Clinch Grapple	84
Takedown	87
Ground Top Grapple	78
Ground Bottom Grapple	75
Submission	70

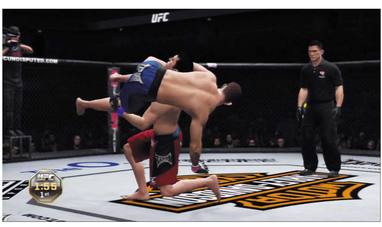
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	75
Clinch Striking	74
Ground Striking	78
Clinch Grapple	86
Takedown	83
Ground Top Grapple	70
Ground Bottom Grapple	78
Submission	65

ULTIMATE TECHNIQUES

DRIVING DOUBLE LEG TAKEDOWN

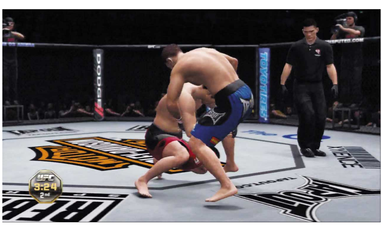
Level 3—Both Standing, Striking Rang



This is a classic double leg wrestling takedown, and it lands Sonnen in Side Control. Press the Technique Modifier button and perform a minor transition down to a Salaverry for some nice ground-and-pound.

TRANSITION TO A SINGLE LEG TAKEDOWN

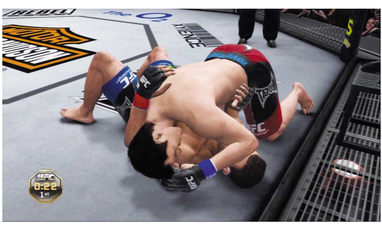
Level 3—Side Control, Bottom



This slick transition will escape the bottom position and take your opponent down to the matt

LEFT ELBOW STRIKE

Level 3—Side Control, Top



Posture up and smash this heavy elbow
into your opponent

STRENGTHS

- Wrestling
- Constant pressure
- Conditioning

Chael Sonnen definitely holds the belt in trash-talking leading up to a fight, but he has the skills and record to back it up.

He is a tough ground-and-pound wrestler who tested Anderson Silva in a title match before getting caught in a late fifth-round triangle.

Take your opponent down and get on top, where Sonnen is comfortable, and impose your will. Hammer strikes and maintain top control.

When you're in Side Control, use the Movement stick and the Technique Modifier trigger to turn weak punches into huge elbows from the top.

Sonnen's in excellent condition, so pour on the offense and keep the pressure on to rock your opponent.

WEAKNESSES

- Kicks
- Submissions
- Clinch strikes

Sonnen is not a Muay Thai practitioner, so watch out for takedowns from the clinch.

Keep your distance and sprawl at his takedowns when you're at striking range.

He's not going to damage you very much with kicks and punches from his feet, but he will grind on you if he gets you down to the ground.

Box with him, use the Muay Thai Clinch to work knees, and then take him down for a submission from the top after he is hurt.

He can be knocked out, but he's not going to get tired. Most fighters will have the advantage in submission battles.

Prima Top 20

DAN HENDERSON

Video is restricted

NICKNAME: Hendo
WEIGHT CLASSES: Light Heavyweight and Middleweight

AGE: 41
HEIGHT: 6'1"
REACH: 74"
STANCE: Orthodox
OVERALL RATING LHW: 88 **OVERALL RATING LHW (PRIDE):** 88 **OVERALL RATING MW:** 88 **OVERALL RATING MW (PRIDE):** 88

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW(PRIDE) RATING	MW RATING	MW(PRIDE) RATING
Strength	85	85	84	84
Speed	73	77	74	78
Cardio	80	80	81	81
Footwork	74	75	75	74

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW(PRIDE) RATING	MW RATING	MW(PRIDE) RATING
Standing Strikes	85	85	85	85
Standing Kicks	69	69	69	69
Clinch Striking	80	80	80	80
Ground Striking	87	87	87	87
Clinch Grapple	84	84	84	84
Takedown	83	83	83	83
Ground Top Grapple	78	78	78	78
Ground Bottom Grapple	76	76	76	76
Submission	61	60	61	60

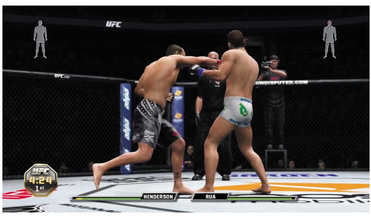
DEFENSIVE SKILLS

SKILL	LHW RATING	LHW(PRIDE) RATING	MW RATING	MW(PRIDE) RATING
Standing Strikes	76	76	76	76
Standing Kicks	73	73	73	73
Clinch Striking	81	80	81	80
Ground Striking	78	78	78	78
Clinch Grapple	86	85	86	85
Takedown	82	82	82	82
Ground Top Grapple	75	75	75	75
Ground Bottom Grapple	73	73	73	73
Submission	81	79	81	79

ULTIMATE TECHNIQUES

HENDO'S RIGHT STRONG STRAIGHT

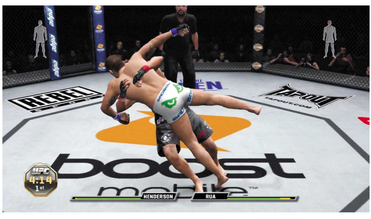
Level 3 - Both Standing, Striking Range



This fast and very long straight right hand is one of Henderson's best technique strikes. Land this heavy right a few times to rock any opponent, no matter how tough their chin might be.

SUPLEX TO SIDE CONTROL, TOP

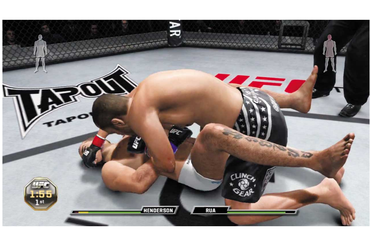
Level 3 - Double Underhook, Offense



Grab the opponent in the Double Underhook clinch and hurl him to the floor with this epic technique takedown. This is a great way to bring the fight to the floor when normal takedowns are too risky.

STTONG LEFT/RIGHT PUNCH

Level 3 - Open Guard, Top



Henderson's ground-and-pound is even more powerful than his standing strikes. Posture up and hammer opponents with these heavy punches from Open Guard, Half Guard, or Mount.

STRENGTHS

- Champion Experience
- Wrestling
- Knockout power

Though he's still an active and competitive fighter in the UFC light heavyweight and middleweight divisions, Dan "Hendo" Henderson is already a legend in the sport of MMA, having fought for and captured numerous PRIDE and UFC championships over his long and decorated carrier.

Hendo has recorded many a win through the use of his lethal right hand—attack relentlessly with his heavy right to rock his rivals with the sheer force behind each devastating blow.

Many strikes also have impressive range, which helps make up for his lack of footwork.

"Hendo" is also very good at clinch grappling and takedowns—he can throw heavy uppercuts in the Muay Thai Clinch, or he can perform dominant technique throws from other grappling clinches such as the Double Underhook position, hurling the opponent to the ground with overwhelming strength and perfect technique.

He can even perform technique throws from various defensive clinch positions, such as Double Underhook, Defense and Body Lock, Defense—these high-level throws will turn the tables on his opponent as he tosses them to the ground, landing on top in Side Control.

WEAKNESSES

- Footwork
- Ground bottom grappling
- Submissions

Henderson's tremendous punching power makes him a threat on the feet, but his lack of speed and footwork allows defensive counter-strikers to avoid most of his offense and counter with sharp blows of their own.

"Hendo" is a beast in the clinch, and his ground-and-pound is lethal, so it's usually best to avoid the grappling game and try to get things done on the feet against him instead.

Exploit his lack of footwork to create angles and gain the advantage in the stand-up battle.

If your fighter is good at grappling from the top, you may want to chance ducking under one of his big right hands and taking him to the ground—Henderson has good takedown defense, but he struggles to get off his back.

Outwrestle him from the top to grind out a decision victory, or outpoint him on the feet with superior speed and technique—just don't try clinching with this expert wrestler.

Prima Top 20

DOMINICK CRUZ

Video is restricted

NICKNAME: N/A
WEIGHT CLASSES: Bantamweight
AGE: 26
HEIGHT: 5'8"
REACH: 69 "
STANCE: Orthodox and Switch
OVERALL RATING: 92

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	95
Cardio	83
Footwork	94

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	90
Standing Kicks	82
Clinch Striking	75
Ground Striking	74
Clinch Grapple	89
Takedown	86
Ground Top Grapple	76
Ground Bottom Grapple	75
Submission	64

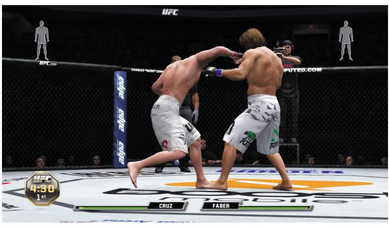
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	88
Standing Kicks	79
Clinch Striking	76
Ground Striking	79
Clinch Grapple	86
Takedown	88
Ground Top Grapple	80
Ground Bottom Grapple	76
Submission	84

ULTIMATE TECHNIQUES

Lunging Left/Right Hook

Level 2—Both Standing, Striking Range



These heavy technique strikes can be thrown from afar, making them ideal ways for Cruz to quickly close the distance on his opponent.

Superman Jab

Level 2—Both Standing, Striking Range

This unassuming jab is quick to find its mark and packs plenty of sting. Make liberal use of this excellent strike to interrupt the opponent's combos and counter them sharply from the outside.

Left/Right Hook

Level 2—Open Guard, Bottom

Cruz can posture up into sub position in Open Guard, Half Guard, or Mount to rain down these heavy hooks. Land a few of these technique strikes each time you score a takedown.

STRENGTHS

- Conditioning
- Constant movement
- Unorthodox striking

The UFC's current bantamweight champion, Dominick Cruz is an incredibly skilled boxer and takedown artist with superior speed, footwork, and striking power. Dominick's defensive wrestling is also incredibly good, with excellent takedown and submission defense.

This allows Cruz to open up with confidence on the feet, rocking the opponent with unorthodox strikes that come from odd angles at incredible speed. Outmaneuver the opponent and land devastating strike combos.

Stuff their takedowns and punish them with Cruz's fast hands, using his superior footwork to quickly dart in and out of striking range.

Cruz has excellent takedowns himself—shoot in and bring the opponent to the mat whenever you want to score some bonus points with the judges.

Don't bother working for submissions, though—Cruz is at his best when pounding away with his fists.

WEAKNESSES

- Kicks
- Ground striking
- Submissions

It's hard to find significant weaknesses in the UFC bantamweight champion's game, because there simply aren't many.

Cruz is absolutely dominant on the feet, using dizzying movement and striking speed to annihilate his adversaries with pinpoint combinations and unorthodox technique strikes that seemingly come from out of nowhere.

Because Cruz is so dangerous in the stand-up, it's wise to try grappling and bringing him to the mat. Be very conservative with your striking on the feet, using quick strikes to probe the champ for openings.

Cruz has excellent takedown defense, so strive to time it right and achieve a short takedown by shooting under one of his powerful strikes.

Bring Cruz to the ground and work at passing his guard, then make the champ suffer by battering him with plenty of power strikes from the top.

Prima Top 20

FRANK MIR

Video is restricted

NICKNAME: N/A
WEIGHT CLASSES: Heavyweight

AGE: 32
HEIGHT: 6'3"
REACH: 76.5"
STANCE: Southpaw and Switch
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	86
Speed	73
Cardio	72
Footwork	77

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	81
Standing Kicks	78
Clinch Striking	75
Ground Striking	76
Clinch Grapple	72
Takedown	74
Ground Top Grapple	81
Ground Bottom Grapple	88
Submission	87

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	72
Standing Kicks	78
Clinch Striking	71
Ground Striking	79
Clinch Grapple	75
Takedown	74
Ground Top Grapple	80
Ground Bottom Grapple	88
Submission	86

ULTIMATE TECHNIQUES

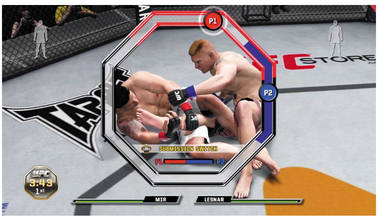
RIGHT/LEFT GUARDED HOOK

Level 2—Both Standing, Striking Range

Mir famously dropped Antonio Nogueira with his surprisingly improved boxing back at UFC 92. Use these excellent technique strikes to land hard shots on the opponent during the stand-up exchange.

DIRECT CATCH TO KNEEBAR

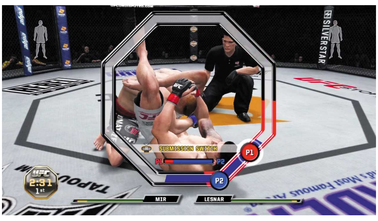
Level 3—Open Guard, Top



Mir has nasty leg locks, including a powerful kneebar that's available in Open Guard or Half Guard. He can switch this into an equally dangerous toe-hold submission if the kneebar isn't going to work.

DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard Clinch, Bottom



Mir can work for dangerous submissions off his back as well, including this tight triangle. Look to switch this into an even tighter armbar if the opponent is about to slip free.

STRENGTHS

- Brazilian Jiu-Jitsu black belt
- Boxing
- Champion experience

Former UFC heavyweight champion Frank Mir is a dangerous jiu-jitsu black belt with incredible strength and elite-level skills on the ground with his dominant grappling and submission games.

Mir has also worked at developing his boxing technique over the course of his long career with the UFC.

Use his powerful and technical boxing skill to draw the opponent into the striking battle, then duck under with a powerful takedown to bring the fight into his world.

Mir is a very strong submission grappler with excellent control and subs on the ground—his excellent leg locks are his go-to subs because they're available from the easy-to-reach Open Guard and Half Guard positions.

He's also excellent at fighting off of his back—if his standing takedowns aren't working, try clinching with the opponent and pulling him into Open Guard instead.

Bring the fight to the ground in this fashion to set up Mir's dangerous triangles and kimuras from the bottom.

WEAKNESSES

- Speed
- Cardio
- Clinch game

Mir is a terror to roll with on the ground, so don't fight him in his element. Remain elusive on the feet and outstrike him with superior speed and timing.

He has heavy hands and can throw some powerful and technical hooks, so don't get caught exchanging with him for long.

Keep your distance and pick him apart with long, fast strikes and counters, and remain ready to defend against his takedowns at all times.

Mir's clinch game has given him trouble in the past, but the closeness of the position makes it risky to employ against him for all but the most skilled dirty boxers and Muay Thai specialists.

Avoid the clinch if that's not you, because he's good at pulling guard and bringing you into his dangerous submission grappling game even from neutral clinch positions such as the Single Collar Tie.

Keep the fight on the feet and work Mir over in the stand-up battle with superior striking speed and footwork.

Prima Top 20

FRANKIE EDGAR

Video is restricted

NICKNAME: The Answer

WEIGHT CLASSES: Lightweight

AGE: 30
HEIGHT: 5'6"
REACH: 68"
STANCE: Orthodox and Switch
OVERALL RATING: 91

ATTRIBUTES

ATTRIBUTE	RATING
Strength	77
Speed	90
Cardio	89
Footwork	92

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	85
Standing Kicks	77
Clinch Striking	81
Ground Striking	77
Clinch Grapple	75
Takedown	84
Ground Top Grapple	78
Ground Bottom Grapple	76
Submission	71

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	84
Standing Kicks	85
Clinch Striking	80
Ground Striking	76
Clinch Grapple	80
Takedown	86
Ground Top Grapple	76
Ground Bottom Grapple	80
Submission	86

ULTIMATE TECHNIQUES

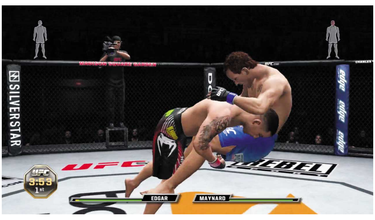
LUNGING LEFT/RIGHT HOOK

Level 2—Both Standing, Striking Range

Throw these powerful hooks to close in on opponents when you wish to grapple. Their speed and elusive windup make these technique strikes ideal weapons from the outside.

JUMPING DOUBLE LEG TAKEDOWN

Level 3—Both Standing, Striking Range



Edgar's got excellent control on top and great takedowns. Drive in and bring his opponents to the ground with this leaping double leg that's tough to stuff.

SWEEP TRANSITION TO OPEN GUARD, TOP

Level 2—Sprawl, Bottom

Even if Edgar fails to complete a takedown, he can persist and drive for the finish with this effective sweep. Don't give up when the opponent stuffs his shots—dig deep and get that takedown.

STRENGTHS

- Wrestling
- Constant movement
- Champion experience

Frankie "The Answer" Edgar is a remarkable fighter who uses his excellent speed, footwork, and deter-mination to outmaneuver, frustrate, and outlast his opponents wherever the fight happens to take place.

Though he's small for his weight class, few can hope to keep up with Edgar's furious movement speed and fluid boxing.

When playing as the lightweight champ, outmaneuver your opponent and throw quick strikes in search of openings.

When the time is right, start rattling off blistering combos to light up your opponent in the striking game. Dive in for a takedown to mix things up and drive the opponent to the mat with a commanding shot.

Power your rival to the floor and then work him over with some of Edgar's relentless ground-and-pound, scoring points and doing plenty of damage from the top.

He has outstanding durability and conditioning, so pour on the pressure and work your adversary over until you manage to wear him down and grind out the win.

WEAKNESSES

- Strength
- Kicks
- Submissions

"The Answer" has few weaknesses, and the lightweight champ makes up for the ones he has with his amazing speed, skill, and determination.

Still, Edgar is quite small for his weight class, and elite lightweight grapplers may be able to simply take him to the ground and hold him there, scoring points with the judges as they control the top position.

Edgar is not particularly dangerous off his back, lacking finishing ability in his submissions from the bottom—this means there's little to fear in taking him down, aside from his outstanding takedown defense.

Strive to score short takedowns against "The Answer" to bring him to the ground and shut down his blistering striking offense.

Edgar is a champion-level wrestler with excellent sweeps off his back, mind you, so you'll need to struggle to achieve dominant position before you can feel comfortable opening up with much ground-and-pound.

Don't bother attempting any submissions unless Edgar becomes gassed or rocked—the champ's sub defense is too high.

Prima Top 20

GEORGES ST-PIERRE

Video is restricted

NICKNAME: Rush
WEIGHT CLASSES: Welterweight and Middleweight

AGE: 30
HEIGHT: 5'10"
REACH: 75"
STANCE: Orthodox and Switch
OVERALL RATING WW: 92 **OVERALL RATING:** 92

ATTRIBUTES

ATTRIBUTE	MW RATING	WW RATING
Strength	82	80
Speed	86	89
Cardio	88	90
Footwork	85	87

OFFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	85	85
Standing Kicks	85	85
Clinch Striking	72	72
Ground Striking	81	81
Clinch Grapple	82	82
Takedown	92	93
Ground Top Grapple	85	85
Ground Bottom Grapple	82	82
Submission	74	74

DEFENSIVE SKILLS

SKILL	MW RATING	WW RATING
Standing Strikes	80	80
Standing Kicks	82	82
Clinch Striking	76	76
Ground Striking	80	80
Clinch Grapple	80	80
Takedown	88	88
Ground Top Grapple	80	80
Ground Bottom Grapple	74	74
Submission	81	81

ULTIMATE TECHNIQUES

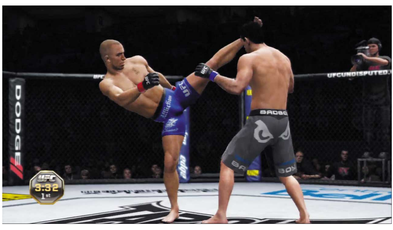
LEFT QUICK SUPERMAN PUNCH

Level 3—Both Standing, Striking Range

This is a jab on steroids, a Level 3 straight leading left. Use it as a quick counter—often.

GSP'S HEAD KICK

Level 3—Both Standing, Striking Range



Kyokushin karate at its finest leads to KOs. Just ask Matt Hughes.

LEG SWEEP DOUBLE LEG TAKEDOWN

Level 3—Single Collar Tie

This is GSP's best takedown, and he drops to it from standing or any neutral or offensive clinch to land in Side Control. If your opponent clinches, respond with this.

STRENGTHS

- Athleticism
- Very well rounded
- Discipline

Georges "Rush" St-Pierre is (GSP) one of the top pound-for-pound fighters in the world, and one of the best overall athletes.

His strength lies in his ability to dominate both standing and on the ground, and you'll be hard pressed to make him tired because he has a 90 Cardio rating.

He has tremendous boxing and karate, and his takedowns are some of the best in the game.

Blast away with punches and kicks, then take down your opponent and impose your will. The progression called out in the "Ultimate Techniques" section is an effective combination of punches to a kick to a takedown.

It's very frustrating for your opponent to eat some strikes from GSP only to be taken down and controlled on the mat.

WEAKNESSES

- Submissions
- Clinch strikes
- Working off his back

To say that GSP has a weakness must be done by crinkling up your face and leading with: "Well I guess you could say..." If you had to pick your poison, you'd want to take him down and make him work off his back.

Get on top and to the ground-and-pound, blocking his transitions along the way. St-Pierre's game is to strike standing, then take you down and keep control while he picks you apart from the top.

Keep your head protected from his superfast strikes, and clinch if he starts to overwhelm you on your feet.

Land some good shots in the clinch, where he is not quite as strong, but be wary of takedowns.

Prima Top 20

JON JONES

Video is restricted

NICKNAME: Bones
WEIGHT CLASSES: Light Heavyweight
AGE: 24
HEIGHT: 6'4"
REACH: 84.5"
STANCE: Orthodox and Switch
OVERALL RATING: 95

ATTRIBUTES

ATTRIBUTE	RATING
Strength	89
Speed	84
Cardio	85
Footwork	88

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	90
Standing Kicks	92
Clinch Striking	90
Ground Striking	88
Clinch Grapple	85
Takedown	92
Ground Top Grapple	79
Ground Bottom Grapple	80
Submission	80

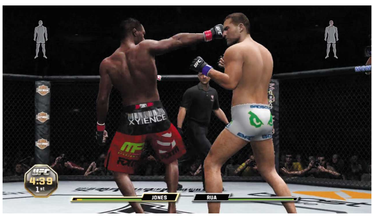
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	88
Standing Kicks	89
Clinch Striking	89
Ground Striking	73
Clinch Grapple	79
Takedown	90
Ground Top Grapple	80
Ground Bottom Grapple	75
Submission	76

ULTIMATE TECHNIQUES

JON JONES' RIGHT BACK FIST

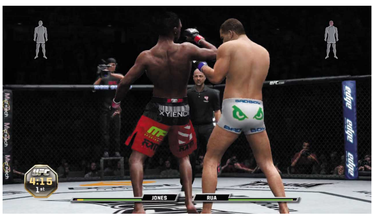
Level 3—Both Standing, Striking Range



This quick spinning back fist has been known to catch Jones's opponents off guard, much to their misfortune. Land this unexpected strike from range to rock his foes.

RIGHT SPINNING BACK ELBOW

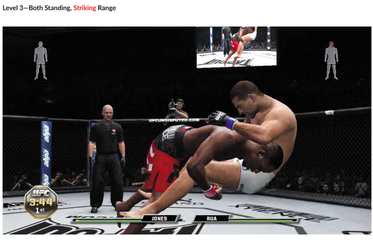
Level 3—Both Standing, Striking Range



When Bones famously dropped Stephan Bonnar with this epic spinning back elbow at UFC 94, the MMA world collectively sat up and took notice of the UFC's newest rising star.

JUMPING DOUBLE LEG TAKEDOWN

Level 3—Both Standing, Striking Range



When you tire of battering Jones's opponents with brutal technique strikes on the feet, dive in for this excellent double leg and drag them to the ground to work some equally vicious ground-and-pound.

STRENGTHS

- Wrestling
- Athleticism
- Unorthodox striking

One of the most dangerous fighters in the world, Jon "Bones" Jones has already risen to superstardom at the young age of 24, having captured the UFC light heavyweight title in his one-sided dismantling of former 205 division champ Mauricio "Shogun" Rua at UFC 128.

Jones combines his explosive athleticism with his incredible reach and unorthodox striking.

This allows him to catch his opponents off guard with devastatingly fast and powerful blows that they never saw coming.

Bones is nearly impossible to rock with standing strikes, so use his great speed, range, and footwork to keep the fight upright as you pick apart his opponent from ideal distance.

His clinch grappling and wrestling skills are also excellent—grapple with potentially troublesome strikers if you like, taking away their strengths while still leaving Bones with plenty of options for putting his opponent away.

WEAKNESSES

- Ground striking defense
- Ground bottom grappling
- Submission defense

It's tough to find many weaknesses in Jones's game, because all of his opponents have failed to do so in the UFC.

The light heavyweight champ is extremely dangerous when striking on the feet or in the clinch, so the best plan is to take him to the mat and struggle to control the accomplished wrestler in the ground game.

He has excellent clinch control and takedown defense, so putting him on his back is easier said than done.

Pressure Bones toward the fence and try to time a short takedown, or use the cage to help you bring him to the ground with a clinch throw.

He's is vulnerable to ground-and-pound and submissions, but he's pretty good at escaping from the bottom, so focus on maintaining top position in Open Guard or Mount.

Avoid his Half Guard, however, for he can easily sweep you onto your back from there.

Unleash a bit of conservative ground-and-pound as you struggle to keep Jones on the mat, attacking his body to erode his stamina on your way to setting up a TKO or submission upset.

Prima Top 20

JOSE ALDO

NICKNAME: N/A

WEIGHT CLASSES: Featherweight

AGE: 25
HEIGHT : 5'7"
REACH: 70"
STANCE : Orthodox
OVERALL RATING: 94

ATTRIBUTES

ATTRIBUTE	RATING
Strength	85
Speed	93
Cardio	82
Footwork	86

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	90
Standing Kicks	90
Clinch Striking	80
Ground Striking	85
Clinch Grapple	74
Takedown	80
Ground Top Grapple	84
Ground Bottom Grapple	77
Submission	72

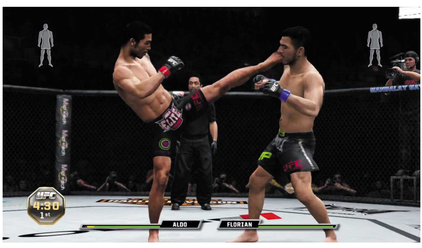
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	89
Standing Kicks	88
Clinch Striking	80
Ground Striking	83
Clinch Grapple	80
Takedown	90
Ground Top Grapple	85
Ground Bottom Grapple	80
Submission	88

ULTIMATE TECHNIQUES

ONE STEP LEFT HEAD KICK

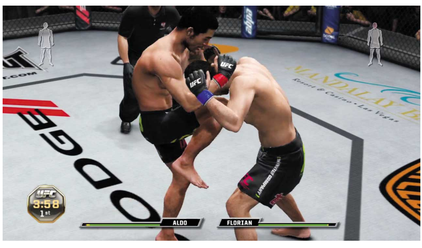
Level 3 - Both Standing, Striking Range



This lightning-quick head kick will rock Aldo's opponents in a flash if they foolishly choose to stand and fight him from range.

STRONG LEFT/RIGHT KNEE

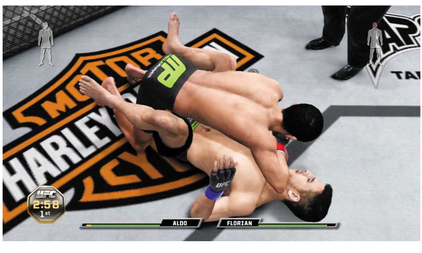
Level 3 - Muay Thai Clinch, Offense



Aldo's foes can't withstand many of these devastating clinch knees. Look to score them each time you clinch up.

LEFT/RIGHT ELBOW

Level 3 - Open Guard, Top



No need to transition to dominant position with Aldo—his elbow strikes are lethal in every ground position, including Open Guard.

STRENGTHS

- Very well rounded
- Knockout power
- Speed

Though still relatively young, Jose Aldo is already considered to be one of the greatest fighters of all time.

His excellent technique and incredible athleticism allow Aldo to control the pace of the fight and dominate his foes with speed, accuracy, and relentless aggression.

Aldo knows a vast array of techniques in many positions, so make liberal use of the Technique Modifier trigger while fighting with him.

Nearly all of his technique moves are as strong as they can be—this allows Aldo to instantly end fights from any position, making him a constant threat to his opponents throughout each match.

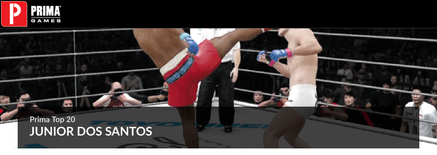
WEAKNESSES

- Clinch Grappling
- Ground Bottom Grappling
- Submissions

If Jose Aldo can be said to have any weakness, one might point to his occasionally being controlled by top-notch grapplers in the clinch and on the ground, as recently evidenced in his epic battles against Kenny Florian and Mark Hominick.

Unless you're supremely confident in your striking ability, it's best to avoid lingering in Aldo's striking range—he can quickly light you up with blistering combos and catch you off guard with unexpected counters that can quickly rock you.

Strike with Aldo just long enough to set up a clinch or takedown, then strive to maintain a dominant grappling position by blocking all of Aldo's transition attempts and chipping away at his stamina with fists and knees to the body.

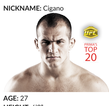


Prima Top 20

JUNIOR DOS SANTOS

Video is restricted

NICKNAME: Cigano



WEIGHT CLASSES: Heavyweight

AGE: 27
HEIGHT: 6'3"
REACH: 77"
STANCE: Orthodox
OVERALL RATING: 89

ATTRIBUTES

ATTRIBUTE	RATING
Strength	84
Speed	80
Cardio	84
Footwork	85

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	71
Clinch Striking	82
Ground Striking	82
Clinch Grapple	72
Takedown	70
Ground Top Grapple	79
Ground Bottom Grapple	77
Submission	68

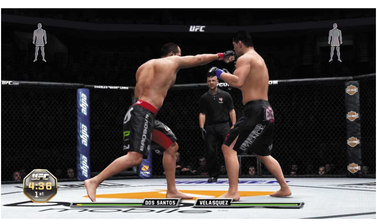
DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	86
Standing Kicks	78
Clinch Striking	85
Ground Striking	74
Clinch Grapple	77
Takedown	86
Ground Top Grapple	77
Ground Bottom Grapple	74
Submission	81

ULTIMATE TECHNIQUES

SANTOS' RIGHT STRAIGHT

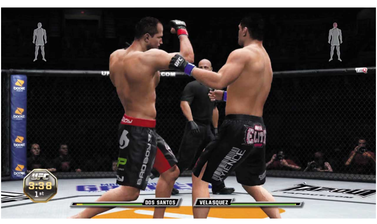
Level 3—Both Standing, Striking Range



Crack dos Santos's opponents a few times with this devastating straight to back them up in a hurry. The speed of this powerful punch makes it ideal for countering.

RIGHT STRONG UPPERCUT

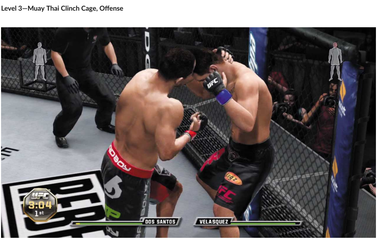
Level 3—Both Standing, Striking Range



"Cigano" also wields a crushing uppercut that can catch inbound adversaries as they attempt to dive in for takedowns against the champ. This heavy technique strike has excellent range.

STRONG LEFT/RIGHT UPPERCUT

Level 3—Muay Thai Clinch Cage, Offense



Dos Santos can rough up his rival with punishing uppercuts thrown from the Muay Thai Clinch. These heavy technique blows land with even greater force when the opponent is pressed up against the fence.

STRENGTHS

- Boxing
- Training camp
- Knockout power

Junior "Cigano" dos Santos is a man who believes in his strong boxing ability, and with the rare kind of knockout power that he possesses, why shouldn't he?

The champ just recently made short work of former UFC heavyweight champion Cain Velasquez in the very first round of their bout, landing a huge overhand right that rocked and dropped Velasquez, leading to the finish.

Look to land this same knockout blow with dos Santos in UFC Undisputed 3, along with the same crushing uppercut that he used to put away submission expert Fabricio Werdum back in his debut at UFC 90.

"Cigano" has great takedown defense and good footwork on the feet, so keep your distance and land big punches and combos from the outside.

Be ready to stuff the takedown and work at transitioning back up to your feet if the opponent manages to dump dos Santos onto his back—he doesn't fight very well from the bottom.

WEAKNESSES

- Kicks
- Takedowns
- Submissions

"Cigano" is a powerhouse of a boxer with lights-out power in both hands. Keep your hands up when facing dos Santos, and try to either clinch or score a takedown as fast as you can.

Gain a positional advantage over the champ to take away from his brutal striking power and inflict some offense of your own.

Dos Santos is durable and has great cardio, so expect a long and grueling fight against him when vying for the title.

Either struggle to keep the champ at a long distance, landing quick kicks from afar on the feet, or bring him to the mat with a well-timed takedown and move to dominant position to nullify his devastating offense.

Don't go for submissions unless you're supremely confident that you can secure the finish, because dos Santos is good at working his way out of all but the most dangerous subs.

Simply struggle to maintain top position, out-wrestling the explosive striker on your way to a decisive win.

Prima Top 20

KENNY FLORIAN

Video is restricted

NICKNAME: KenFlo

WEIGHT CLASSES: Lightweight and Featherweight

AGE: 35
HEIGHT: 5'10"
REACH: 74"
STANCE: Southpaw and Switch
OVERALL RATING LW: 89 **OVERALL RATING FW:** 89

ATTRIBUTES

ATTRIBUTE	LW RATING	FW RATING
Strength	79	78
Speed	76	77
Cardio	83	82
Footwork	82	82

OFFENSIVE SKILLS

SKILL	LW RATING	FW RATING
Standing Strikes	82	82
Standing Kicks	75	74
Clinch Striking	80	79
Ground Striking	81	80
Clinch Grapple	77	78
Takedown	74	74
Ground Top Grapple	79	79
Ground Bottom Grapple	79	79
Submission	80	80

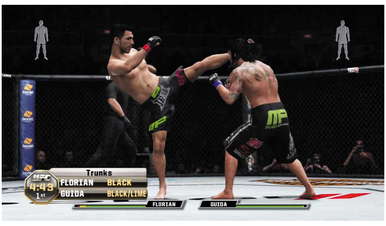
DEFENSIVE SKILLS

SKILL	LW RATING	FW RATING
Standing Strikes	82	82
Standing Kicks	78	78
Clinch Striking	81	79
Ground Striking	80	80
Clinch Grapple	76	76
Takedown	74	74
Ground Top Grapple	82	82
Ground Bottom Grapple	81	81
Submission	84	84

ULTIMATE TECHNIQUES

LEFT/RIGHT MUAY THAI HEAD KICK

LEVEL 3 - BOTH STANDING, STRIKING RANGE



"KenFlo" can really do some damage with these swift and powerful technique kicks. Rock his rivals from range whenever they attempt to initiate exchanges on the feet.

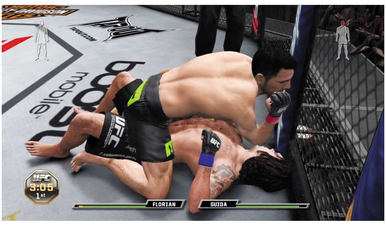
LEFT/RIGHT SWINGING ELBOW

LEVEL 3 - MUAY THAI CLINCH, OFFENSE

Florian is a force to be reckoned with in the Muay Thai Clinch. Lock up with opponents and deliver these brutal technique strikes to inflict tremendous damage and potentially open up severe cuts.

RIGHT/LEFT ELBOW

LEVEL 3 - OPEN GROUND, TOP



Swing for maximum impact with these gnarly elbows, which "KenFlo" can throw from many different sub positions on the ground, including those available in Half Guard and Mount.

STRENGTHS

- Finishing ability
- Dangerous elbows
- Brazilian jiu-jitsu black belt

Kenny "KenFlo" Florian is a gifted Muay Thai kickboxer with great footwork and dangerous striking power.

His conditioning and durability allow him to mix things up with confidence on the feet, looking to land fast shots that rock his opponents and set up TKO and submission victories.

Florian's ground game is world-class, yet he sometimes struggles to bring elite-level grapplers to the mat.

"KenFlo" is also deadly in the clinch—lock up and deliver brutal elbows and knees from the Muay Thai position, devastating opponents with crushing and unrelenting clinch strikes, including power strikes landed after performing stiff clinch whips.

If you can bring the opponent to the ground, Florian can bring down even more brutality in the form of high-level technique elbows that can quickly cut open Kenny's opponents if they can't manage to cover up and improve their position quickly.

WEAKNESSES

- Speed
- Kicks
- Takedowns

Defeating a top contender like Florian isn't easy, but most of his rivals have enjoyed the most success in outpointing him on the feet. Beat him to the punch in the exchange with superior speed and technique, stinging him with quick strikes as you strive to avoid his dangerous ground game.

Florian's grappling, submissions, and ground-and-pound are all too dangerous to risk dealing with, so stay sharp and look to rock "KenFlo" with fast counters, darting away from his somewhat sluggish strikes each time after you score.

Keep as much distance from him as possible when you aren't attacking, and remain ready to sprawl against his takedowns and clinch attempts—his grappling game is by far his greatest strength, and must be avoided at all costs.

Prima Top 20

NATE DIAZ

Video is restricted

NICKNAME: N/A

PRIMA'S TOP 20

WEIGHT CLASSES: Welterweight and Lightweight

AGE: 26
HEIGHT: 6'0"
REACH: 76"
STANCE: Southpaw and Switch
OVERALL RATING WW: 86
OVERALL RATING LW: 87

ATTRIBUTES

ATTRIBUTE	WW	LW
Strength	70	69
Speed	75	77
Cardio	84	85
Footwork	83	83

OFFENSIVE SKILLS

SKILL	WW	LW
Standing Strikes	84	84
Standing Kicks	69	69
Clinch Striking	73	73
Ground Striking	74	74
Clinch Grapple	70	70
Takedown	73	73
Ground Top Grapple	76	76
Ground Bottom Grapple	84	84
Submission	82	82

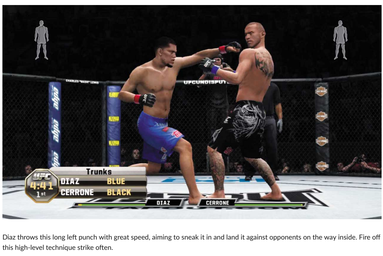
DEFENSIVE SKILLS

SKILL	WW	LW
Standing Strikes	75	75
Standing Kicks	72	72
Clinch Striking	73	73
Ground Striking	79	79
Clinch Grapple	74	74
Takedown	76	76
Ground Top Grapple	79	79
Ground Bottom Grapple	79	79
Submission	89	89

ULTIMATE TECHNIQUES

WHIP LEFT STRAIGHT

Level 3—Both Standing, Striking Range



Diaz throws this long left punch with great speed, aiming to sneak it in and land it against opponents on the way inside. Fire off this high-level technique strike often.

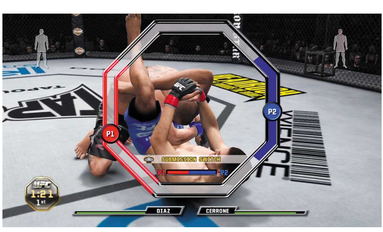
SUPLEX TO SIDE CONTROL, TOP

Level 2—Double Underhook, Offense

Diaz can heave his opponent from the Double Underhook or Body Lock clinch, dumping him onto the ground and landing on top in Side Control.

DIRECT CATCH TO TRIANGLE CHOKE

Level 3—Open Guard Clinch, Bottom



Diaz knows how to lock in a triangle from the bottom—simply pull the opponent into Open Guard Clinch on the ground, then go for this excellent technique submission.

STRENGTHS

- Boxing
- Submissions
- Heart

Nate Diaz is a durable, well-rounded fighter with excellent boxing and submission grappling skills. Diaz is at his best when pressing forward with relentless strikes, almost daring the opponent to shoot in for a takedown against him.

Doing so would be a mistake, of course, because Diaz is a submission genius off his back, able to lock in nasty triangle chokes from the bottom that are almost impossible to escape. When fighting as Diaz, open up with powerful strike combos on the feet to inflict fast damage.

Just keep the punches coming, relying on Diaz's ample gas tank to see you through the intense pace you set.

If the opponent foolishly takes you down, go for submissions from a ground clinch position—even if the opponent escapes, watch how quickly he'll choose to stand up out of Nate's guard afterward.

WEAKNESSES

- Strength
- Kicks
- Fighting in the clinch

While Diaz is dangerous puncher, his kicks lack power and his overall striking speed doesn't match up with other elite strikers in his division.

Though he's fast and agile on his feet, Diaz usually doesn't fare well when grappling in the clinch—look to counter-grapple his power punches on the feet to quickly tie up in the clinch, then muscle Diaz against the cage and work him over with clinch strikes, focusing on controlling him in the position.

Even if you are a grappler, don't go for takedowns because he's too dangerous off his back. Keep Diaz locked up in the clinch with his back near the cage for the best advantage in each fight against him.

If you must exchange with him on the feet, get inside with quick strikes to interrupt his combos and take away his reach advantage.

Prima Top 20

NICK DIAZ

Video is restricted

PRIMA'S TOP 20

WEIGHT CLASSES: Welterweight
AGE: 28
HEIGHT: 6'0"
REACH: 74"
STANCE: Southpaw and Switch
OVERALL RATING: 88

ATTRIBUTES

ATTRIBUTE	RATING
Strength	74
Speed	77
Cardio	89
Footwork	84

OFFENSIVE SKILLS

SKILL	RATING
Standing Strikes	89
Standing Kicks	70
Clinch Striking	75
Ground Striking	75
Clinch Grapple	71
Takedown	73
Ground Top Grapple	77
Ground Bottom Grapple	85
Submission	83

DEFENSIVE SKILLS

SKILL	RATING
Standing Strikes	75
Standing Kicks	73
Clinch Striking	74
Ground Striking	79
Clinch Grapple	75
Takedown	76
Ground Top Grapple	80
Ground Bottom Grapple	80
Submission	89

ULTIMATE TECHNIQUES

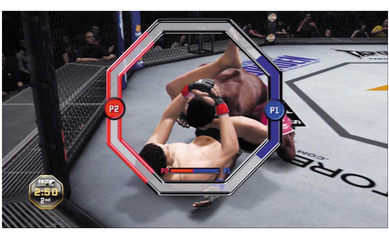
WHIP LEFT STRAIGHT

Level 3—Both Standing, Striking Range

This is a Diaz special. Long accurate punches and he never quits.

DIRECT CATCH TO GOGOPLATA FROM THE BOTTOM

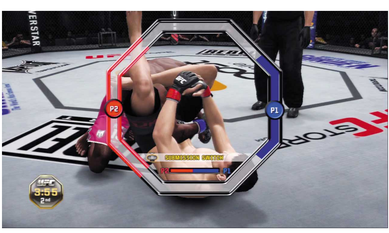
Level 3—Rubber Guard, Bottom



Level 3—Rubber Guard, Bottom

DIRECT CATCH TO TRIANGLE CHOKE

Level 2—Open Guard, Bottom



Diaz can pull off a triangle from multiple positions and switch to an armbar from the bottom, too.

STRENGTHS

- Conditioning
- Unorthodox style
- Very well rounded

Nick Diaz has awesome submissions and submission defense. Pair that with his rangy punches and he has the striking range and the ground game covered. Attack your opponent in one of these two positions, throwing whippy punches and aggressively going for submissions on the ground.

He's very good off his back, so if your opponent takes the fight there and tries to ground-and-pound, clinch in the guard and transition to a Butterfly Guard or Rubber Guard to get to some Level 3 submissions.

There are very few people who can roll with Diaz, so keep the fight here and a BJJ match. Also, use the triangle choke from guard—Diaz can catch it easily from multiple guard positions on his back and you can switch it to an armbar.

WEAKNESSES

- Wrestling
- Kicks
- Strength

Diaz is no question a brilliant jiu-jitsu martial artist on the ground. However, he is not going to take you down to get there. He'll stand and strike like it's a street brawl in his hometown of Stockton, California, and he'll go to the jiu-jitsu when the fight goes to the ground.

The best place to battle with Nick Diaz is in the clinch up against the cage. His Muay Thai is not very developed, and he can be overpowered. Press him up against the cage standing and grind it out.

If the fight separates, stay back and watch out for his boxing. Counter his long punches with a clinch and get back in close. You can take him down if your fighter is a wrestler, but he's very crafty off his back.

Keep top control and damage him with ground-and-pound. If he gets into a really offensive guard position (Open, Butterfly, Rubber), get him off you and stand up.

Prima Top 20

QUINTON JACKSON

Video is restricted

NICKNAME: Rampage

PRIMA TOP 20

WEIGHT CLASSES: Light Heavyweight
AGE: 33
HEIGHT: 6'1"
REACH: 73"
STANCE: Orthodox
OVERALL RATING: 86

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW (PRIDE) RATING
Strength	89	89
Speed	78	78
Cardio	78	78
Footwork	76	76

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING
Standing Strikes	85	85
Standing Kicks	70	70
Clinch Striking	82	82
Ground Striking	84	84
Clinch Grapple	76	76
Takedown	81	81
Ground Top Grapple	69	69
Ground Bottom Grapple	71	71
Submission	57	57

DEFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING
Standing Strikes	83	83
Standing Kicks	71	71
Clinch Striking	73	73
Ground Striking	76	76
Clinch Grapple	79	79
Takedown	85	85
Ground Top Grapple	76	76
Ground Bottom Grapple	72	72
Submission	81	77

ULTIMATE TECHNIQUES

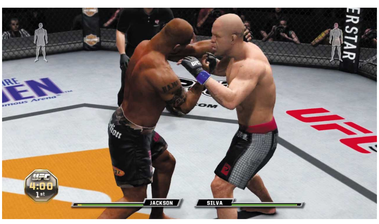
LEFT/RIGHT GUARDED HOOK

Level 3—Both Standing, Striking Range

Rampage throws these massive hooks with tremendous speed and range, and his defensive windup helps him slip strikes before landing these heavy blows. Combo between these hooks for fun times on the feet.

STRONG LEFT/RIGHT UPPERCUT

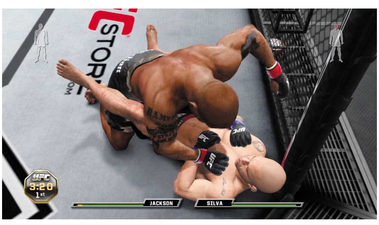
Level 3—Muay Thai Clinch, Offense



When elusive strikers are giving Rampage grief, clinch up to slow them down, then land some of his crushing uppercuts. Press the opponent into the fence to add even more weight to these heavy blows.

LEFT/RIGHT HOOK

Level 3—Open Guard, Top



Jackson has a dominant top game on the ground, and he's able to secure the position with his driving takedowns or powerful clinch throws. Throw these heavy hooks while postured up in Open Guard, Half Guard, or Mount.

STRENGTHS

- Knockout power
- Strength
- Slams

Quinton "Rampage" Jackson is a former UFC light heavyweight champion who burst onto the mainstream MMA scene with his shocking knockout of the seemingly invincible Chuck "The Iceman" Liddell back at UFC 71.

Recording such a huge win in so dominant a fashion made it clear that Rampage packs some serious power in his fists.

Use his excellent striking range and power to rock his rivals with heavy punches on the feet.

He has good takedown defense and clinch control, allowing him to "use his wrestling in reverse" to keep the fight standing, where his knockout power can decide a bout's outcome in a blink.

If Jackson's opponents are outmaneuvering him on the feet and beating him to the punch in the striking battle, use strong takedowns or his imposing clinch game to take the fight in a new direction.

Rampage can really work over his opponents with heavy blows in the Muay Thai Clinch, and his ground-and-pound is as brutal as it gets. Look to land his heavy hands wherever the fight happens to go.

WEAKNESSES

- Footwork
- Kicks
- Submissions

Rampage packs explosive punching power, but his sluggish movements and amateur kicking ability present holes in his stand-up game—this allows elusive strikers and kickboxers to wear him down with long strikes and leg kicks from the outside.

Favor quick strikes that can interrupt his combos—though devastating, many of his power shots feature a significant windup that can be interrupted to take the sting out of his best punches.

A strong grappler, he isn't good with submissions and struggles to improve his position when he's stuck fighting on bottom.

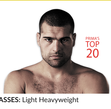
Getting Jackson to the ground isn't easy considering his excellent takedown defense, so look to dive under his long, looping punches with short takedowns that quickly drive Jackson to the mat.

Work the former champ over with conservative ground-and-pound, striving to maintain the top position while scoring points with the judges.

Prima Top 20

MAURICIO RUA

Video is restricted



PRIMA TOP 20

NICKNAME: Shogun
WEIGHT CLASSES: Light Heavyweight
AGE: 29
HEIGHT: 6'1"
REACH: 75"
STANCE: Orthodox
OVERALL RATING LHW: 90
OVERALL RATING LHW (PRIDE): 89

ATTRIBUTES

ATTRIBUTE	LHW RATING	LHW (PRIDE) RATING
Strength	83	83
Speed	80	80
Cardio	83	84
Footwork	84	84

OFFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING
Standing Strikes	83	83
Standing Kicks	86	86
Clinch Striking	83	83
Ground Striking	82	82
Clinch Grapple	80	80
Takedown	74	74
Ground Top Grapple	78	77
Ground Bottom Grapple	80	78
Submission	79	76

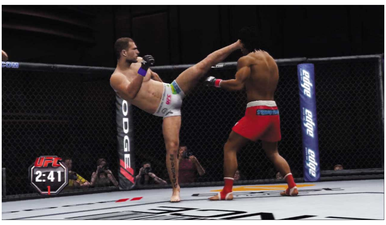
DEFENSIVE SKILLS

SKILL	LHW RATING	LHW (PRIDE) RATING
Standing Strikes	82	82
Standing Kicks	82	82
Clinch Striking	77	77
Ground Striking	76	76
Clinch Grapple	78	76
Takedown	74	74
Ground Top Grapple	80	80
Ground Bottom Grapple	80	77
Submission	83	77

ULTIMATE TECHNIQUES

LEFT/RIGHT MUAY THAI HEAD KICK

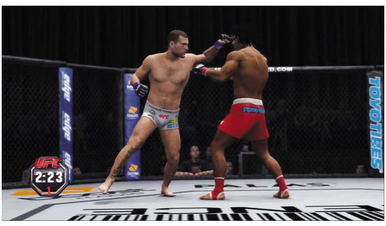
Level 3—Both Standing, Striking Range



This is Shogun's bread and butter. Lead with some powerful punches, then unleash these huge kicks. As a counter, you can rock your opponent or score a one-hit knockdown.

SHOGUN'S STEPPING LEFT HOOK

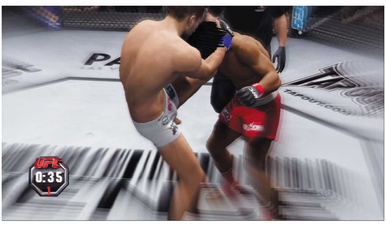
Level 3—Both Standing, Striking Range



This awesome punch is quick and follows your step into the pocket. Step and quick strike.

LEFT/RIGHT REAR LEG KNEE

Level 2—Muay Thai Clinch, Offense



When Shogun initiates the clinch, it goes right into Muay Thai. Use a strong whip and launch these vicious knees to the head and body.

STRENGTHS

- Aggressive style
- Knockout power
- Well rounded

As former light heavyweight Lyoto Machida found out, Mauricio "Shogun" Rua is remarkable on his feet, and you don't want to be kicked by him.

Rua's game plan is always to keep the fight a striking match and to live in the kicking distance.

Shoot in with punches and go to the clinch to bring the pain with the Muay Thai knees, but resist the temptation to go to the ground.

Use the cage against better opponents to limit their abilities in the clinch, but watch out for the takedown.

Shogun's strength is standing—utilize his monster kicks to beat up opponents from range. Few can match him outside when you snap out his Level 3 Muay Thai head kicks.

WEAKNESSES

- Wrestling
- Brazilian Jiu-Jitsu
- Ground strike defense

Shogun isn't truly weak in any specific area, but choose to take him down and make it a ground-and-pound affair where you maintain top control.

He's prone to the takedown, and the mat reduces his opportunities to finish you with a big strike.

He's got good submission defense, and he'll probably try to get back to his feet, so block his transitions and maintain control.

He's one of the higher-rated grapplers in the light heavyweight division, but his skill set isn't as diverse as other fighters', so don't be too worried about his submission game.

If the fight goes back to standing, take him down again.

Prima Top 20

URIJAH FABER

Video is restricted

NICKNAME: The California Kid

WEIGHT CLASSES: Featherweight and Bantamweight

AGE: 32
HEIGHT: 5'6"
REACH: 69"
STANCE: Orthodox and Switch
OVERALL RATING: 92

ATTRIBUTES

ATTRIBUTE	FW RATING	BW RATING
Strength	82	82
Speed	90	90
Cardio	89	79
Footwork	88	88

OFFENSIVE SKILLS

SKILL	FW RATING	BW RATING
Standing Strikes	84	84
Standing Kicks	74	74
Clinch Striking	76	76
Ground Striking	80	80
Clinch Grapple	83	83
Takedown	82	82
Ground Top Grapple	83	83
Ground Bottom Grapple	79	79
Submission	83	83

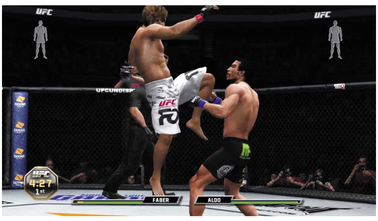
DEFENSIVE SKILLS

SKILL	FW RATING	BW RATING
Standing Strikes	84	84
Standing Kicks	75	75
Clinch Striking	75	75
Ground Striking	79	79
Clinch Grapple	82	82
Takedown	80	80
Ground Top Grapple	85	85
Ground Bottom Grapple	80	80
Submission	89	89

ULTIMATE TECHNIQUES

TWO STEP LEFT FLYING KNEE

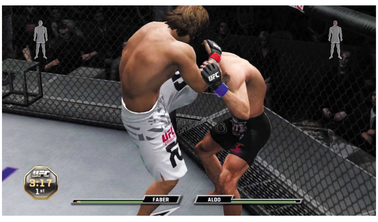
Level 3 - Both Standing, Striking Range



Faber uses unorthodox striking and explosive speed to catch his opponents off guard in the striking game. This technique strike is performed after a forward step and can rock foes in a flash.

CRUSHING RIGHT/LEFT KNEE

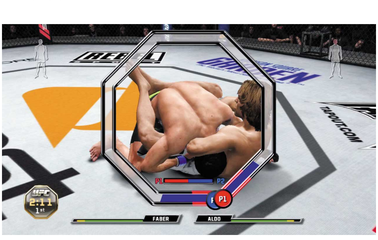
Level 2 - Muay Thai Clinch Cage



"The California Kid" can unleash powerful knees in the Muay Thai Clinch, and these crushing technique strikes become even more brutal after he stuffs his opponent into the cage.

DIRECT CATCH TO GUILLOTINE CHOKE

Level 3 - Sprawl, Top



Faber's fast, accurate hands are sure to have his opponents diving in for the takedown sooner or later. Drop down for a lethal guillotine each time you manage to stuff your opponent's shots.

STRENGTHS

- Well rounded
- Speed
- Heart

"The California Kid," Urijah Faber, is a champion-level fighter whose well-rounded game and advantages as a natural athlete allow him to dismantle his opponents no matter where they choose to take the fight.

Use Faber's great footwork and fast hands to sting the opponent on the feet with quick striking combinations.

Faber is an elite-level grappler, so have no fear of being taken down by his rivals—press the action and score with his fluid boxing combos on the feet.

If the opponent has limited grappling ability, take him to the mat with a driving takedown and begin to work some of Faber's blistering ground-and- pound.

Take advantage of his exceptional grappling ability to move into dominant position, then unleash brutal ground strikes from the top until the ref is forced to intervene.

Faber is also quite good at applying submissions, particularly armbars from the top, and guillotine chokes—look to lock these in whenever the opportunity arises.

WEAKNESSES

- Kicks
- Clench striking
- Clinch strike defense

Faber is a dangerous fighter whose well- rounded skills must be respected at all times. He's dangerous both on his feet and off his back, and he has good control in the clinch as well.

However, The California Kid has limited striking power in the clinch, and he also suffers the most damage from his opponent's clinch strikes—this makes positions such as the Single Collar Tie and Muay Thai Clinch good places for you to fight Faber, as they limit his offense and agility, and help you land bigger blows.

Pressure him back toward the cage and catch him in the Muay Thai Clinch to deliver powerful clinch strikes that will quickly make an impact.

Faber's clinch grappling and takedowns are both very good, so be careful with your offense and focus on maintaining position by denying his attempts to pummel out and improve his position in the clinch.